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Blake Shelton

spills crazy-honest
details about life
with Miranda
Lambert



**Get your
best body
back!**

Weight-loss
shortcuts and
prizes for losing

**Makeup
tricks that
erase
ten
years**

p. 59

**SEX
QUIZ**

**Find out
your real
age...in bed**

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shoes, jewelry
and more, all
under **\$50**

A close-up portrait of actress Eva Longoria. She has long, voluminous, wavy brown hair with lighter highlights. She is looking slightly to the left of the camera with a soft expression. She is wearing a dark, possibly black, sleeveless top. Her hands are visible in the lower left, resting on a dark wooden chair. The background is a plain, light-colored wall.

“DRY HAIR? WHAT DRY HAIR?”

Eva Longoria

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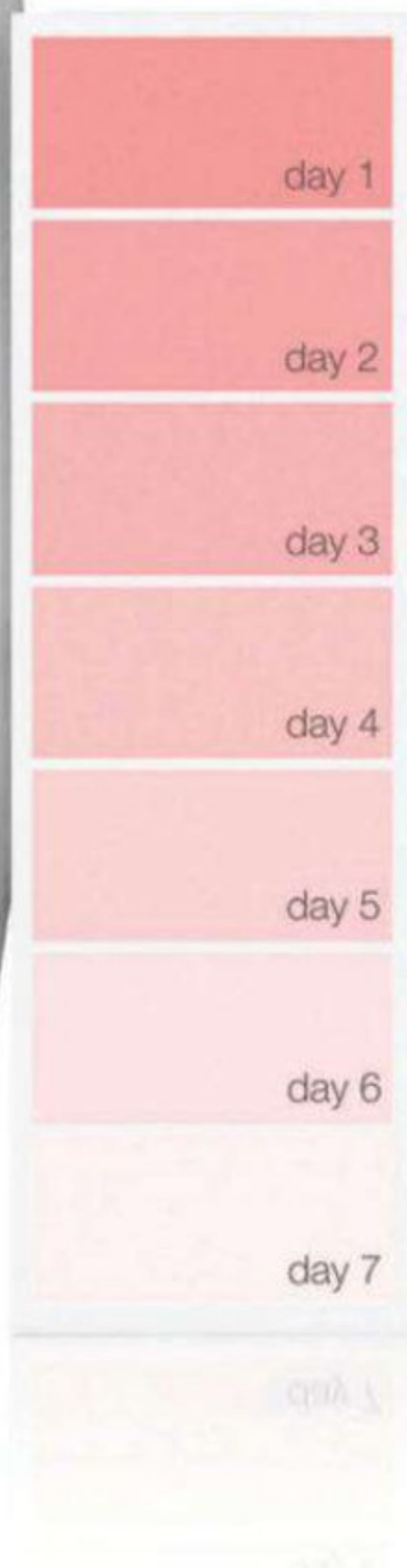
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What's better
than a miracle
for your skin tone?

Ellen is wearing Tone Rehab 2-in-1
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skin tone over time!*

*by hydrating

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Blake Shelton photographed exclusively for REDBOOK by Brian Bowen Smith. Grooming: Amanda Craig. Stylist: Trish Townsend. Shirt: Ely. Jeans: Wrangler. Boots: Blake's own. Inset photo: Getty Images.

work miracles on dark spots and the look of wrinkles



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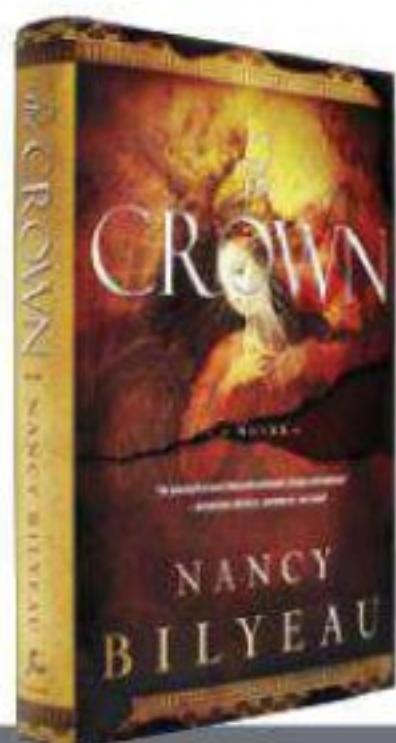
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What's hot? Love, loyalty, and fun

The Hot Husband contest was launched in these pages 13 years ago, and with more than 2,000 entries and 18,000 votes this year, it's going strong. We've always loved the visuals (enjoy a gratuitous page of great-looking men on page 91), but the contest has grown into a surprisingly profound celebration of partnership. Reading the winners' profiles, you realize these aren't just hot husbands; they're hot relationships, based on loyalty, good listening skills, belief in one another, and a million tiny acts of kindness. Married or not, young or old, straight or gay—if your relationship has all that going on, it's hot.



I'm loving *The Crown*, a historical thriller by Nancy Bilyeau, about a young nun who stands up to Henry VIII.

Beyond the basics, every couple has its own particular glue. What holds my marriage together? **» Beer and chocolate.** You've gotta treat yourselves on a daily basis. For my husband, Rob, it's a nice hefeweizen, and for me, it's one too many squares of dark chocolate. **» Late-night reading—even just a few paragraphs.** Not so much for the self-improvement, but to elbow the day's stress out of our bed. **» Doing something, anything, new.** Lately, we've been taking the kids to an indoor rock-climbing gym. Who cares that Rob and I are 20 years older than the hipsters at Brooklyn Boulders? We're laughing, falling, reaching, hanging on, and always spotting one another. Not a bad metaphor for marriage, right?



Top: My favorite chocolate bar, from Vosges (it has bacon! and that's a good thing!), and our food editor's pick, Tcho bars. Above: Extolling the greatness of our Hot Husbands with the ladies of *The Talk*.



Me, halfway up a climbing wall. Seconds later I was all the way down, flat on my back, on a big cushy mat. Amazing.



Men turn out to be pretty smart stylists: When we asked them to pick their favorite runway trends, they wisely rejected these four and went with the chic choices on page 142.

Jill
Jill Herzig, Editor-in-Chief
Redbooked@hearst.com
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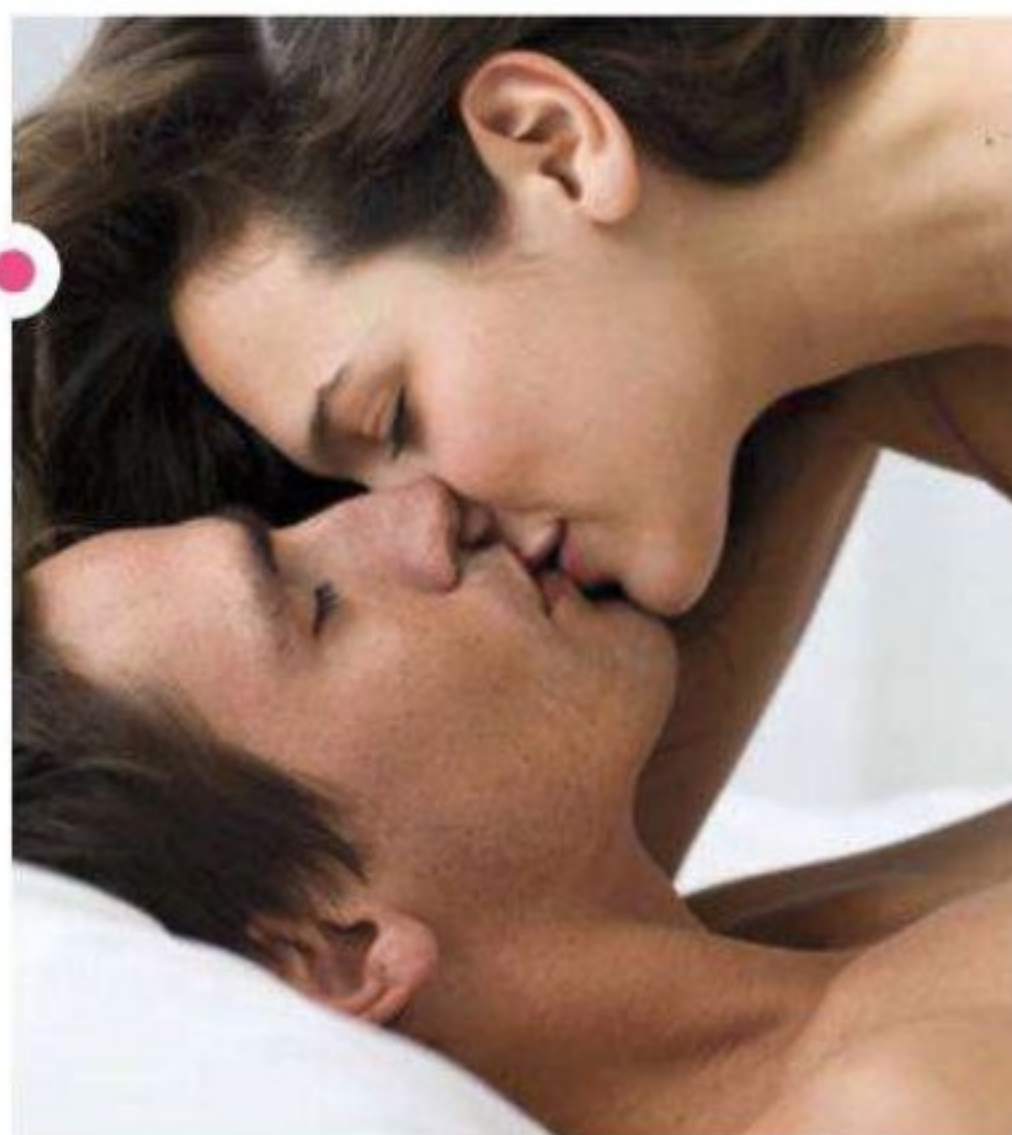
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Make kissing hot again

redbookmag.com/kissingt看tips

We asked five couples to kiss more often—and keep it to *just* kissing—for a week and then report back. The results? Lots of sweetness (and from the couple who couldn't follow the rules, some crazy-good sex).



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Date night? Get glam fast

redbookmag.com/beautybuys

We found the beauty goodies you need for full lips, sexy hair, and glowing skin. Add 'em all up and you've got a recipe for a can't-keep-his-hands-off-you evening.

JUMP-START YOUR WEIGHT LOSS

We're kicking off the REDBOOK Wedding Dress Challenge—join us!

What would it take for you to fit into your wedding dress again? If you're thinking a tub of Vaseline and some Spanx, you aren't alone. That's why we designed the REDBOOK Wedding Dress Challenge. Over the next few months, we're getting back to our best bodies—and putting it all online so you can take part too. Just go to redbookmag.com/wdc for tools that tell you exactly what and how much to eat, which workouts burn fat fastest, and more. For details (and motivation), turn to page 79.



WIN IT: FREE MOVIES

Don't feel like going out tonight? Curl up with a DVD gift pack from Blockbuster—we're giving one away every day this month! Enter to win yours at redbookmag.com, and bust out the Snuggie.

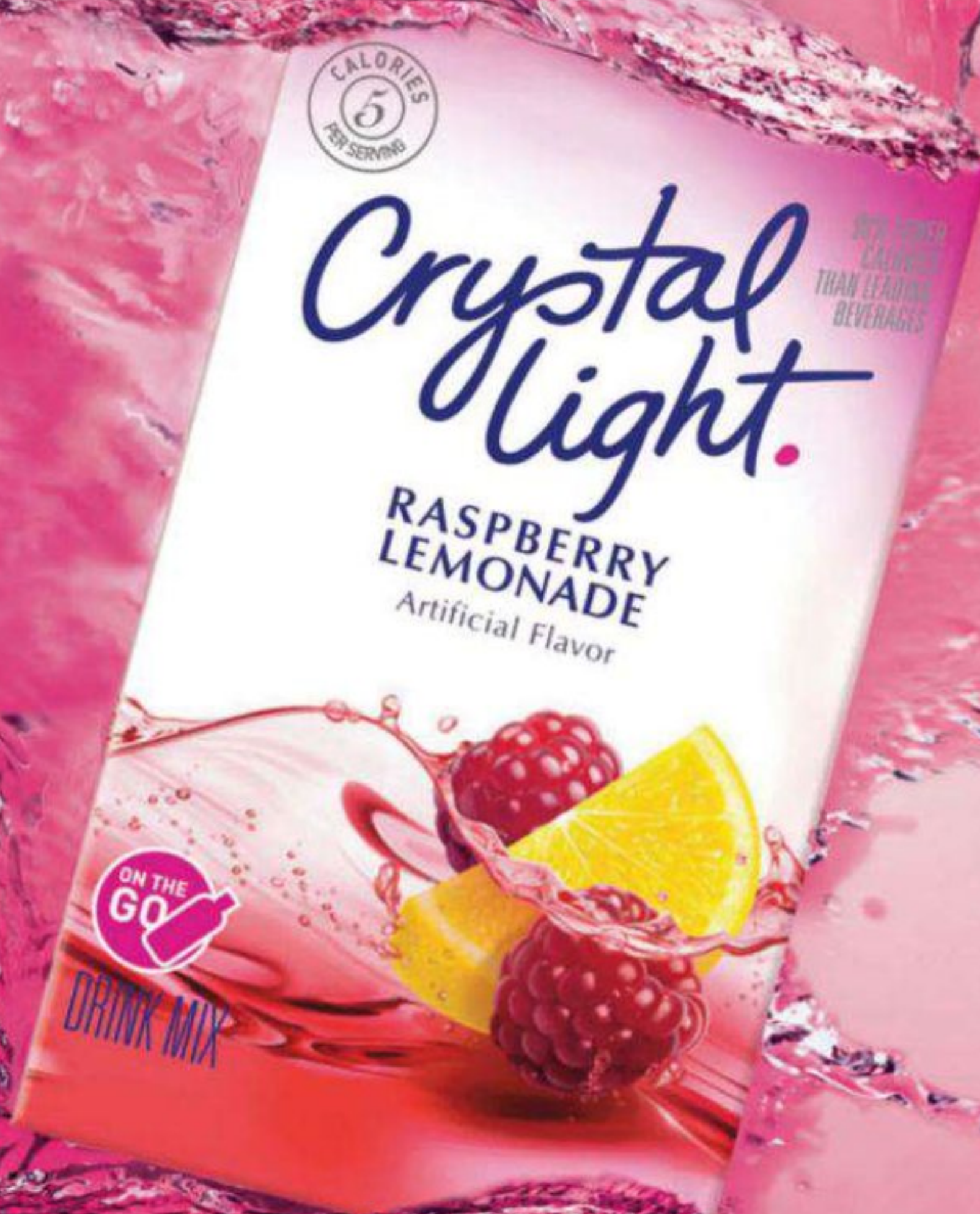


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REDBOOK relies on our reader panel for feedback, stories, product testing—you name it. And we thank our best responders with surprises like luxe beauty products (including the Bobbi Brown eye palette on page 52). Join us at redbookmag.com/panel now!



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This month's **STAFF CHALLENGE**: In honor of the **Hot Husbands** issue, do something to make our guys feel loved. It didn't take much...

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"My husband does the sucky job of cleaning the cat litter with no complaints, so I decided to surprise him and scoop it out. He walked in on me doing it, and his eyes got big and he said, 'What in the world? This does not compute!' and kissed me."

—SUNNY

"My husband hates when I leave the medicine cabinet open. So my gift to him was to close it, constantly and thoughtfully. He noticed! We laughed about how silly it was, but it really did make him feel good."

—MEREDITH

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"I left my boyfriend funny Post-it notes of stick figures doing stupid stuff. Example: a stick figure with lobster-claw hands saying, 'Ack! This shower is too hot!' He loved the tiny little surprises, and it was so fun to do."

—CAITLIN

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This month's **STAFF**
CHALLENGE: Make our guys
feel like Hot Husbands. Boy,
did we show the editorial staff
(page 12) how it's done!

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"My wife took
on this task
and declared
one Sunday
'Dad Day,'
and let me
have some
much-
needed solo
snooze time
on the
couch. It
made me
appreciate
her—and our
four kids and
two dogs!—
even more."

—CHRIS

"My
boyfriend
is a huge
San Diego
Chargers
fan, so I got
us tickets to
an away
game. We
tailgated
too!"

—ASHLEY

"My husband
never treats
himself to
anything, so I
coordinated
with his boss
for a day off
and fixed up
an all-day
golf outing
for him and
his best
friend. He
said it made
his whole
year."

—JANE

"For a special
surprise,
I took my
husband on
a helicopter
tour of Los
Angeles. We
saw Beverly
Hills, the
Hollywood
sign... but I
think his
favorite
landmark
was the
Playboy
mansion!"

—ERIKA

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HILLARY SCOTT, NORMAL GIRL

In “Meet the Lady in Lady A” [December], Hillary Scott says, “I will never be a size 2, and that’s okay with me.” Can we please dispense with being incredulous at the fact that someone who isn’t a size 2 actually likes herself? Surely not every woman over a size 10 is balled up in the fetal position because she’s not skinny, so why do we feel the need to point out when a woman “embraces her curves”? Please, millions of us do this every day.

—TAMIKA SIMMONS, *Phoenix*

I was thrilled to see Hillary Scott on your cover. She and her bandmates are the real deal—talented *and* nice. She hasn’t let fame get in the way of being grateful for her success. I admire her for being comfortable with herself, and wish her happiness in her upcoming marriage.

—STACI CRIM, *Murphy, TX*

A SEPARATE CELEBRATION

Thanks for the thought-provoking article “Why Can’t We Celebrate Everything?” [December]! While it breaks my heart that the author’s son felt hurt after being left out of the Hanukkah party, I couldn’t help but sympathize with the mom who chose to keep the party among others of her family’s faith. Religion, race,

“Hillary Scott and her bandmates are the real deal—talented *and* nice.”

national identity, and gender can divide us in destructive ways, but our identification with others like ourselves also creates deep bonds that are valuable and worthy of respect.

—JILL ERICKSON, *Grand Forks, ND*

GIVING UP A CHILD

Thank you for “A Daughter Lost & Found” [December]. I cried, smiled, and pondered. I too gave birth to a daughter and gave her up for adoption; I loved her so much that I wanted a better life than I could provide as a 16-year-old mother. This story gave me hope that someday my daughter will search for me when the time is right. The joy of her birth has shaped me into the woman I am today.

—BRENDA, *Arizona*

When I came across “A Daughter Lost & Found,” tears rolled down my cheeks thinking of that fateful day when I gave up my baby girl. I pictured a reunion much like the one Julie and Kathy had—the phone call, and the first meeting. My “baby” just had her 27th birthday and I celebrated in my own private way, wondering what kind of life she has. I have yet to meet her, but when I do, it will be like winning the lottery. These two remarkable women gave me hope!

—NANCY, *Connecticut*

IN OUR DECEMBER ISSUE,

Whys Guy Aaron Traister admitted that men sometimes share bedroom details amongst themselves.

DO YOU MIND IF YOUR HUSBAND TALKS TO PALS ABOUT YOUR SEX LIFE?

52% Yes! **48%** No

“If he isn’t talking to my parents or coworkers, who cares? I talk about it to my friends!” —JENN FULFORD

SILVER LININGS

I was delighted to read the article about looking on the bright side during rough economic times [“Is There Anything Good About This Economy? Actually, *Yes!*,” December]. Donating, volunteering, and getting back to basics are such rewarding ways to make this time easier for all of us. The woman whose family traded hotels for campsites in order to keep the annual vacation alive reminded me of my own childhood, where the “free” family activities were the most fun. I’m going to get back to simplicity with my family, starting right now!

—KRISTY FROST, *Orlando, FL*

What’s buzzing on Facebook?

Every month in “Vows 2.0” (page 101), we come up with new promises that define modern marriage. **What would you vow, now?**

● “I vow to squeeze your butt daily for as long as we both shall live.”

—SHANNON TURLEY

● “To never ask, ‘What were *you* doing?’ when the kids did something wrong and you weren’t even in the same room.” —CHRISTY RUHL-REAVES

● “I’ll love you in health and laziness.” —CECILIA LEDFORD

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I Have a Herring Problem, Thanks a WindMillion, I Don't Give a Rotterdam!,
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Signed,
Brrrr not!

Dear Brrrr not,

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MAMA NEEDS A MINUTE...

Gwen Stefani

recently confessed to holing up in her closet to get a break from her children. Do you ever hide from your kids?



YES
60%

NO
40%



"I go sit in my car in the garage. The bathroom is no longer a sacred place."

—JENNIFER NELSON HAMMOND

"I come up with any excuse possible to go to the grocery store."

—ANGIE FULLER MASSENGALE



"I hide in a glass of chardonnay."

—MARYANN WEST HOERMANN

SOUND OFF!

6 THINGS NEVER TO SAY TO A WOMAN ON A DIET

1. *Do you think I'm too skinny? Seriously, look at my chicken legs.*
2. *Is that why you've been in such a bad mood lately?*
3. *You know what worked for me? Nothing but juice for 30 days. I collapsed in my driveway once, but it was worth it.*
4. *I'm so tired of men only noticing me for my body. I have a brain, too! You're so lucky not to have to deal with that.*
5. *So, your husband finally said something to you?*
6. *I don't get the point of diets. Don't you just gain it all back anyway?*

—COMPILED BY MARINKA OF MOUTHYHOUSE WIVES.COM AND KELCEY KINTNER OF MAMABIRD DIARIES.COM, WITH HELP FROM THEIR READERS

SPILL VENT GOSSIP GO!

EVERYTHING YOU CAN'T STOP TALKING ABOUT RIGHT NOW

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DO YOU LIKE YOUR IN-LAWS MORE THAN YOUR OWN FAMILY?

OH, WHAT NOW?

MILEY CYRUS HAS (AS "A JOKE") CALLED HERSELF A STONER. SHOULD WE JUST GIVE UP ON THE IDEA OF TEEN STARS AS ROLE MODELS?

73%
YES
27%
NO

I was (puff) kidding!

I never said I was perfect...

Demi Lovato did a stint in rehab.

The kid is not my son.

Justin Bieber fought a paternity suit.



YO, CUPID, OVER HERE!

WHICH FEBRUARY INSTITUTION IS YOUR FAVE?

21%

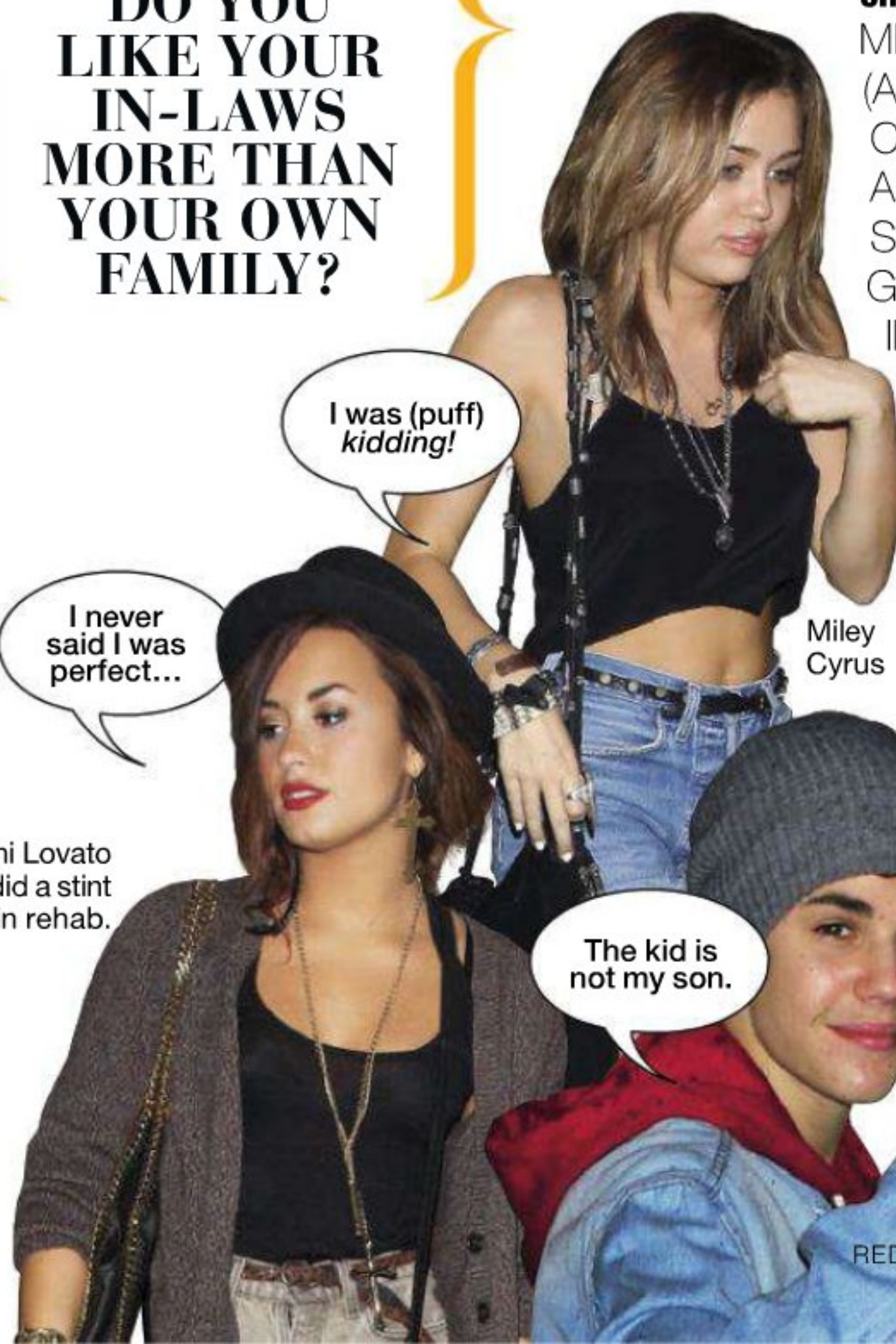
THE OSCARS

37%

THE SUPER BOWL

42%

VALENTINE'S DAY



Miley Cyrus

MAN HUNT

A wife in Utah jokingly listed her husband on Craigslist because he was constantly ignoring her in order to play video games. What would your man's Craigslist ad say?

ONE HUSBAND FOR SALE!

Loves football, baseball, and car races. Sits in front of the TV all the time so he won't bother you much!

—SUEZANN OXLEY STEWART

DR. DOLITTLE TYPE

Communicates better with animals than humans. Will make you laugh at least once a day, but be prepared to ask the same question a few times before receiving an answer. He's a man of few words! —MARIA PROCTOR

BALDING, SLIGHTLY OVERWEIGHT, MIDDLE-AGED MAN

Can paint, fix things, and, most importantly, cook! You may want separate bedrooms, though—this one snores. —SONJA HOLZMAN

free husband

Sitting by the curb in front of 1234 First Street. If this posting is still up, he's still out there.

—RACHEL BOURBOIS

WOW, THAT WAS EMBARRASSING!

PARTY DRAMA

"I was dancing with a friend at a wedding, and after a particularly dramatic (and funny) spin, we went into a dip, but got tangled, and I fell flat on my back. I sat up to a face full of fabric—I had landed directly under the groom's grandmother's gown! The whole room was staring as I crawled out." —E.H., BROOKLYN, NY



UNDERWHERE?

"I hit the gym before work one day and stashed my workout bag under my desk. In the middle of the afternoon, I noticed something on the floor right in front of my boss's office. It was my underwear: It had fallen out of my bag



on my way in the door, and had been sitting there for hours."

—R.B., NEW HAVEN, CT

FANCY PANTS

"I was in a nice hotel, wearing stretch pants, high heels, and a dressy top. As I walked through the lobby, I could hear people giggling. I booked to the bathroom and checked my zipper and my lipstick, but I didn't see anything amiss. It wasn't until much later that I discovered I had a rogue pair of panty hose stuck down the back of my pants—and bulging out of my rear!" —J.B., BEAVERTON, OR

WE ASKED ON FACEBOOK:

WHERE'S THE WEIRDEST PLACE YOU'VE EVER HAD SEX?

- "Underneath the Christmas tree. Those needles can be cruel to your butt and knees."
- "In the weight room of a firehouse, on a bench press."
- "In our tent while we were camping—with my mother-in-law and a couple of her friends hanging out right outside at a picnic table."
- "In the stateroom of a submarine."
- "Standing up in my grandmother-in-law's basement. We conceived our 3-year-old there!"

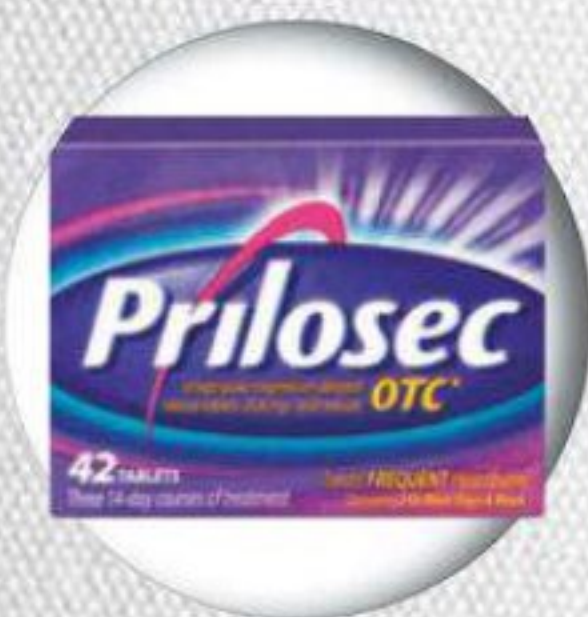
(Names withheld to protect your reputations.)



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SPILL VENT GOSSIP GO!

MOMMY-BLOGGER FACE-OFF

Social workers in Ohio sparked debate when they took a third-grader from his parents because he was 200 pounds.

DO YOU THINK PARENTS ARE TO **BLAME** FOR OVERWEIGHT KIDS?

✓ NO

There are too many other factors

It's easy to point fingers at parents of overweight kids, but there are too many factors at play to blame them alone. Sometimes genetics predispose a person to be heavier, or medical conditions and prescriptions bring on weight gain.

Even in the best-case scenario, parents are raising kids in a culture where every activity that runs longer than an hour seems to require chocolate-chip granola bars.

On top of that, our food supply is full of empty calories, and it's hard to police everything your kids eat. I really believe it takes a village to raise a healthy child, and it's hard to build a village when healthy food is more expensive and everyone has a different idea of what's moderate and what's too much. I may not have Oreos in my home, but am I going to be able to keep my kids from eating them at a friend's? No way. Until we can all agree on what's best to feed our kids, there's no sense in making parents feel guilty. Sure, for inactive, overweight kids who have inactive, overweight parents, it could be a result of parenting. But for every child like that, there are also plenty who carry extra pounds for reasons that have nothing to do with how they're being parented—or fed.

—MIR KAMIN, WOULDASHOULD.COM



✓ YES

Something is wrong at home when kids are overweight

Parents shoulder the lion's share of the blame for overweight kids. I don't say this lightly—I battled the bulge from a very young age. Unlike my two skinny siblings, I put on weight easily and had a penchant for all things starchy and sugary.

Seeing that, my parents worked hard to help me keep my weight in check. They put me on a diet in fourth grade, encouraged me to start swimming competitively, and eliminated “bad” snacks from the

house. They also made healthy dinners from scratch even though they worked full-time. Did I hate it? Sometimes. In a fit of resistance, I once stuffed three brownies in my mouth as my dad told me how many laps I'd have to run around the block to burn off just one. But it was never about my looks—my parents only wanted me to be healthy, and my whole family made compromises so that I could stay that way. So when I see an overweight child, I know something isn't happening at home that should be, and that's a shame. Now, I work to maintain a healthy weight, and I'm grateful that my parents cared enough to teach me proper eating habits.

—SARAH WELCH, GETBUTTONEDUP.COM

Stuttering Gets the Royal Treatment



King George VI, whose live broadcasts of hope and inspiration kept the spirits of the British people alive during the dark days of World War II, met the challenge of stuttering with courage.

If you stutter, you should know about this gentle and courageous man, dramatized in *The King's Speech*. For more information on how you can meet your challenge, contact us.



A Nonprofit Organization
Since 1947—Helping Those Who Stutter

www.StutteringHelp.org
www.tartamudez.org

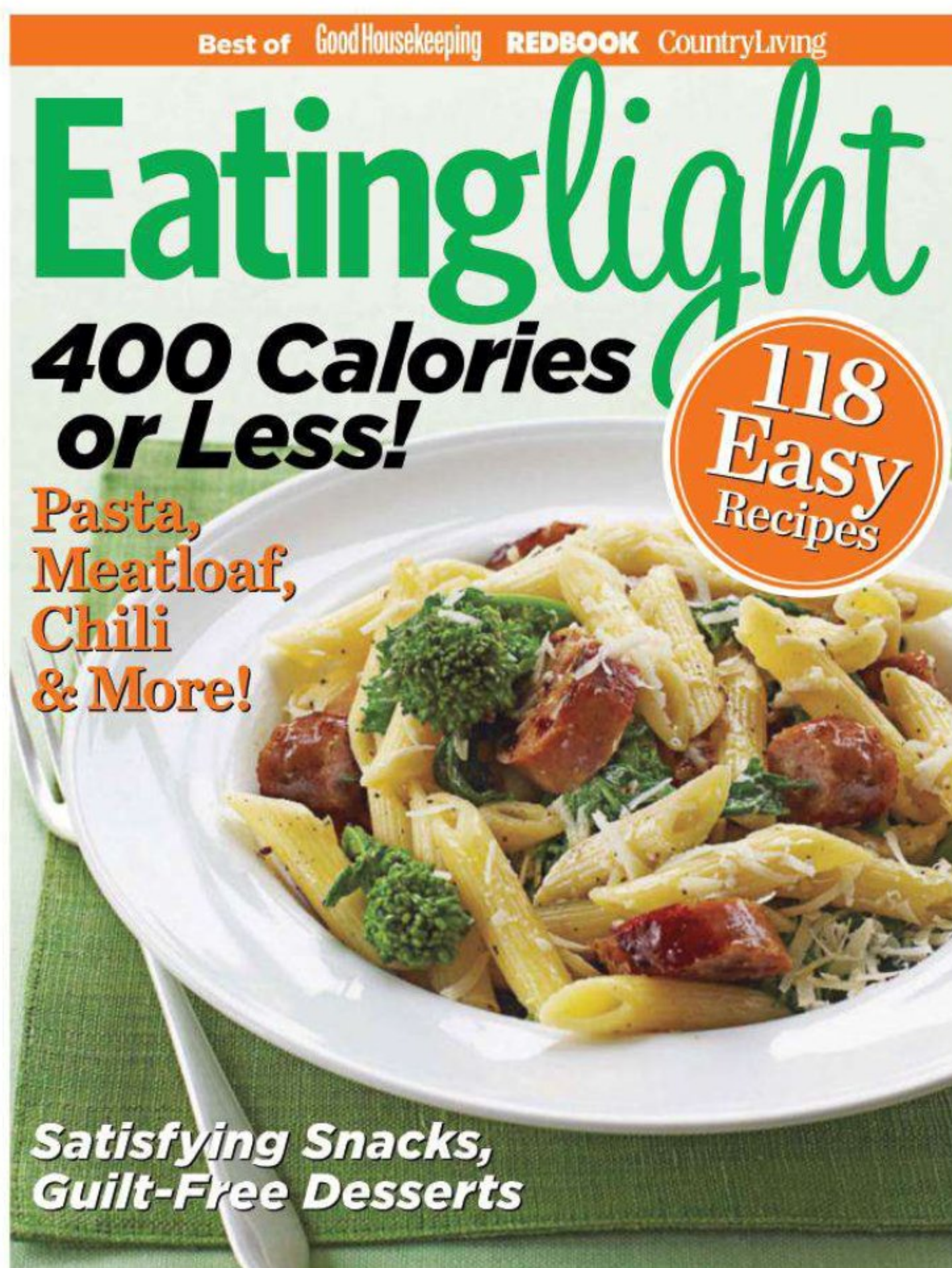
800-992-9392

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From **Good Housekeeping** **REDBOOK** **CountryLiving**

ON NEWSSTANDS NOW

Be a Weight-Loss Winner!



Get 2012 off to a great start with expert diet tips and recipes from the editors at *Good Housekeeping*, *Redbook*, and *Country Living* that will help you lose weight now—and still eat well and stay satisfied. You'll find:

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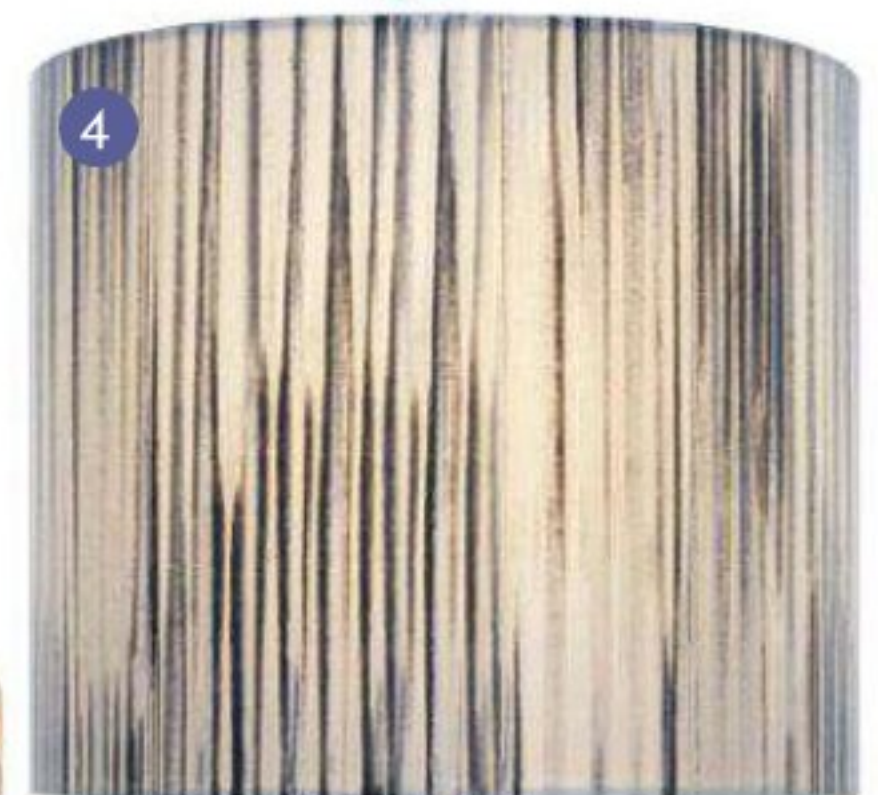
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50

UNDER \$50

IS YOUR GUY VALENTINE-CHALLENGED? NO PROB: JUST TEAR THIS OUT, SCRAWL "WISH LIST" ON IT, AND HAND IT TO HIM!



1 A chic, retro-'70s clutch that's way more Julie Christie than Florence Henderson (not that we don't love you, Mrs. Brady). Koret clutch, \$48; uniquevintage.com. 2 Swirl on this bronzer and get a February-defying, sun-kissed glow. Baked Fusion Soft Lights in Starburst, \$30; smashbox.com. 3 Serve 'em up some loooove with breakfast this 14th. Heart-shaped stoneware bowl and mixer, \$44.95; burkedecor.com. 4 Fancy decorator lighting on a college-dorm-room budget. Table lamp, \$38.70; lightingdirect.com. 5 Score triple fun-hostess points. Scrabble coasters, \$20 for set of 54; spoonsisters.com. 6 A little work of modern art for your finger. Ring, \$39.50; loft.com. 7 Rarely has a throw-it-on-whenever dress made such a showstopping entrance. Audrey dress, \$39; shophallelu.com.

50
UNDER \$50



An instant
dresser-upper



8 Part luxe, part rough-hewn: It's the necklace Wilma would wear if Fred hit the Powerball. Necklace, \$45; springstreetdesign.com. 9 Brush this poppy pink onto your cheeks and at least you'll *look* more awake. Physicians Formula Happy Booster Glow & Mood Boosting Blush, \$11.95; drugstore.com. 10 You got this beaut of a satchel on your last trip to Italy. (Say it enough times and it'll start to feel true.) Bag, \$48; makemechic.com. 11 Our mouths made the same exact "Oh!" shape when we saw this big bauble. Ring, \$48; marlynschiff.com. 12 Shoes with just the right amount of Vegas for Saturday night. Velvet Heart heels, \$49.99; sears.com. 13 This fresh grapefruit-sage spray will help de-clutter your mind... if not your room. Airspray, \$23; primaveralife.com. 14 Introduce your black pants to the wild side. Belt, \$48; cwonder.com. 15 Sexy for him, comfy for you. Cami and boy short set, \$47; marygreen.com. 16 A pop of spring-y color for your stovetop. Paula Deen teakettle, \$24.99; potsandpans.com.

Beautiful gives her
daughter something to
look forward to.



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nutrient-rich sea minerals, and high-performance retinols to help support your skin's
own natural collagen. See how it diminishes the appearance of fine lines and evens
skin tone at ceramide.elizabetharden.com.

Bon-Ton
Bergner's
Boston Store
Carson's

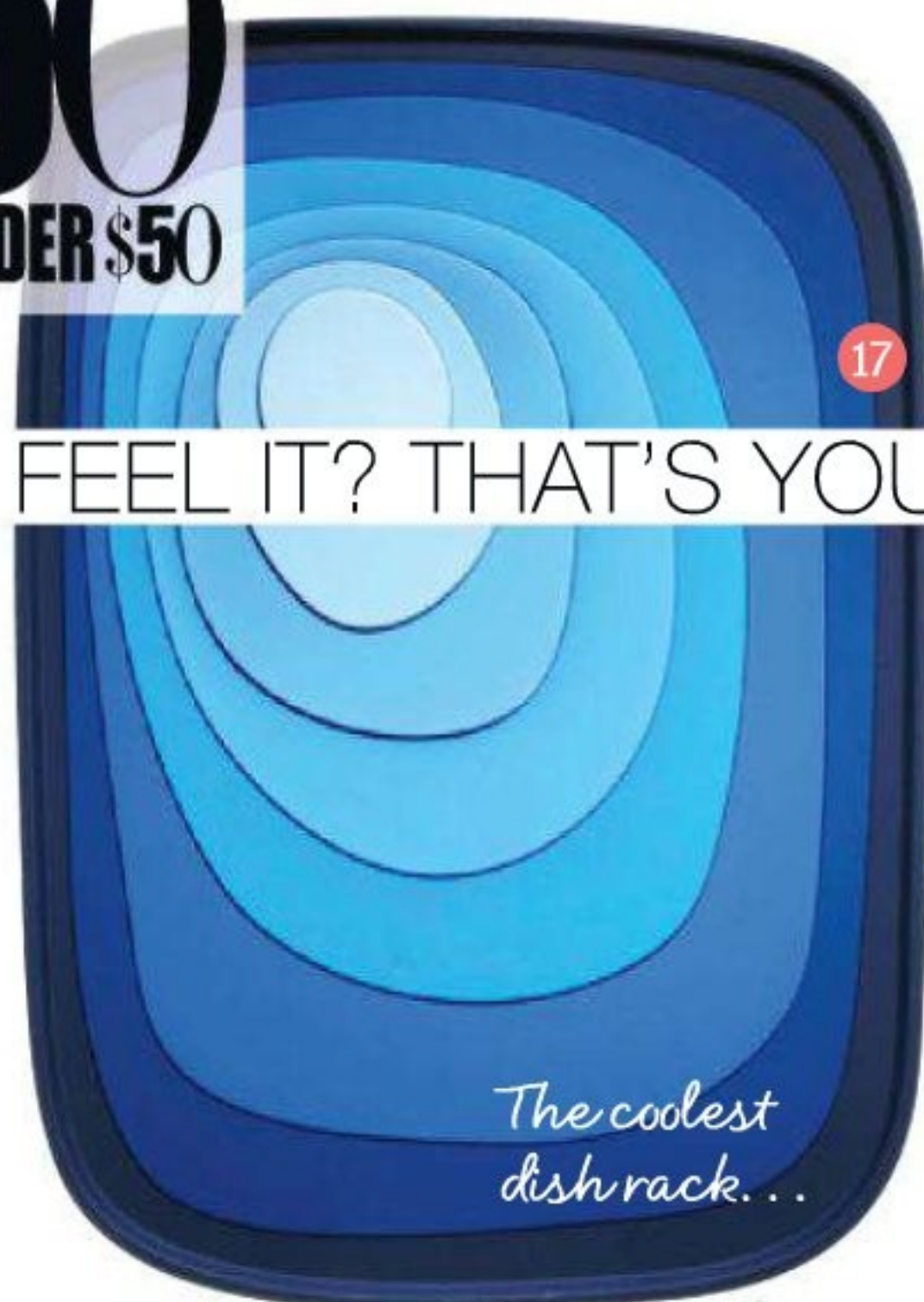
Elder-Beerman
Herberger's
Younkers

ULTA



Elizabeth Arden
NEW YORK

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UNDER \$50



*The coolest
dish rack...*



FEEL IT? THAT'S YOUR WALLET DOING A **HAPPY DANCE**.



*Boots for less
than \$20!*



- 17 This gorgeous dish-drying mat keeps dripping water—and the blahs—off your counter. Dish rack, \$45; switchmodern.com.
18 The sparkly centerpiece of your heiress-for-a-day outfit. Monet bracelet, \$38; Macy's. 19 A chic boot for equestriennes and commuters alike. Boots, \$17.60; gojane.com. 20 Let these jaunty stripes take your same-old jeans on a nautical adventure. Sweater, \$19; joefresh.com for store locations. 21 This skin-refreshing, glow-inducing serum will have your face looking like it's been on vacation... even though your butt's been at work. Marine Calm Rescue Serum, \$38; h2oplus.com. 22 Can't you just imagine Liberace pulling these out on poker night? So fun! Gold cards, \$15; aplusrstore.com. 23 Tie on this vest and look instantly posher. But be warned: Your kids might try to snuggle you. Aggressively. H&M vest, \$34.95; hm.com for store locations.



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42 SALON-INSPIRED SHADES

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UNDER \$50



24 With eight eyeshadows plus blush, bronzer, and gloss, this palette is like having a teeny-tiny makeup pro in your purse. Glamour to Go palette, \$22; toofaced.com. 25 An adorable trench that almost (almost) makes us wish winter would last a bit longer. Coat, \$39.90; windsorstore.com. 26 Your two-second recipe for radiance: Dab the champagne color at your inner eyes and blend the pink shade along your cheekbones. The Bright Side Double-Ended Eye Brightener, \$20; tarte.com. 27 This charming trompe l'oeil tray should wait for no party. Chili night in front of the tube? Tray-worthy! Spoon tray, \$43; gretelhome.com. 28 You know how they say dress for the job you want? We say carry a wallet for the paycheck you dream of. Wallet, \$20; colourme.com. 29 Watch him do a triple take when you go elegant-biker-mama next date night. Qupid booties, \$37; lulus.com. 30 This clock is so design-y and cute, you practically won't mind the 6 a.m. wake-up. Alarm clock, \$40; shophorne.com.

CLOCK: COURTESY OF MANUFACTURER.

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section of your local retailer.



20
UNDER \$20



31



32



33

ROSES ARE RED, VIOLETS ARE BLUE, THESE CHIC FINDS AND



38



35



34



40



39



37



36

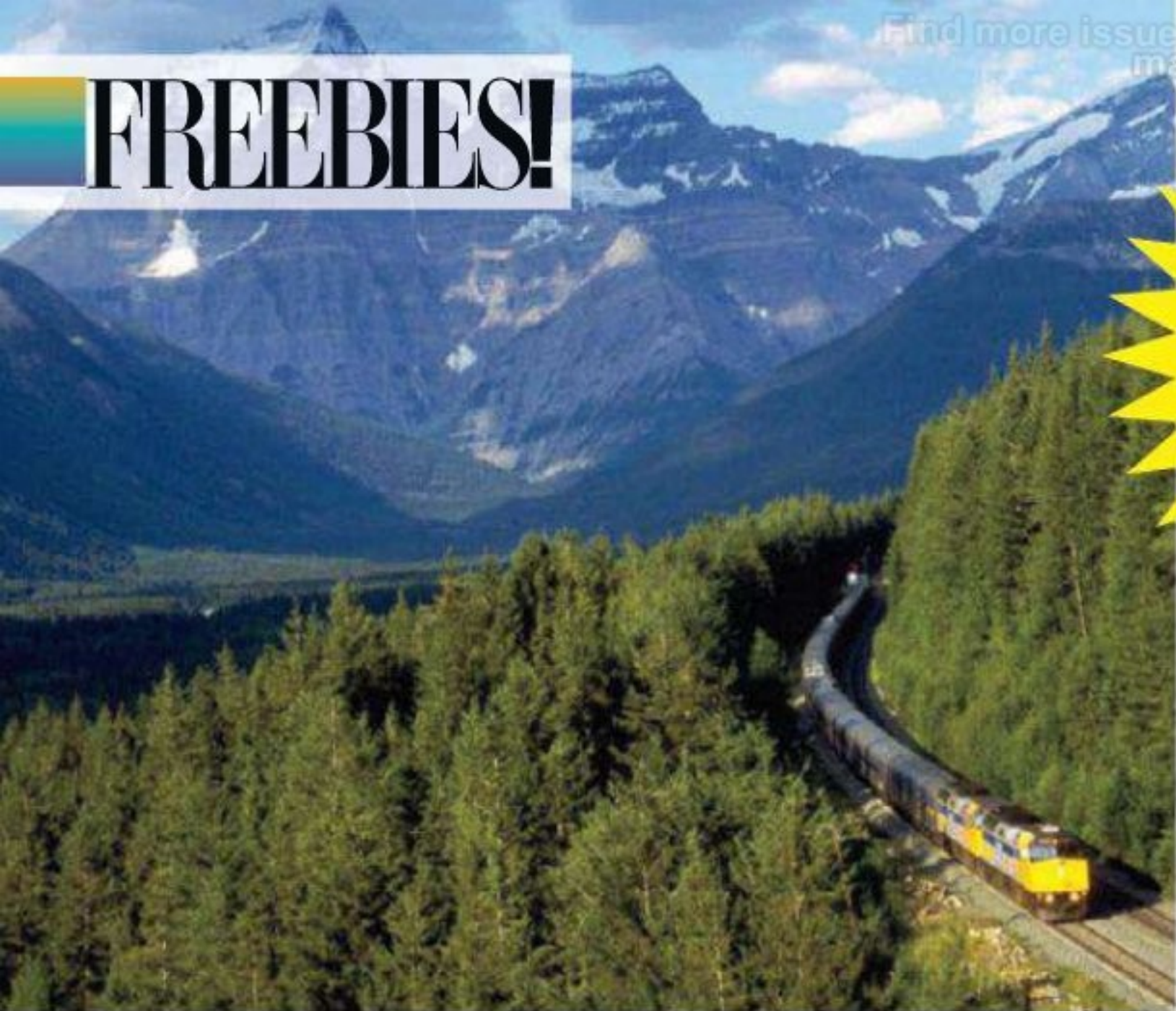


31 Yes, you can (and should!) be Mrs. Green Jeans. Red Rivet jeans, \$19.99; walmart.com. 32 Driving mocs for your Porsche—you know, the one you'll look like you could own. Soda flats, \$19; makemechic.com. 33 Gray day? Slap some clear-sky blue on your toes. Professional Nail Lacquer in Hydrangea Kiss, \$8; shopcolorclub.com. 34 We heart this scarf (get it? get it?). Scarf, \$17.95; affordablescarves.com. 35 Heavy-duty moisture for hands—in a pump cute enough to keep out on the sink. Juniper Jade hand lotion, \$12; illumecandles.com. 36 A clutch and bangle bracelet in one. Murval clutch, \$16; peppermintpark.com. 37 By far the cutest couple at the dinner party. Salt and pepper shakers, \$12.99; modcloth.com. 38 A necklace that's dramatic without going too Norma Desmond. Necklace, \$12.99; target.com. 39 A big ol' bath bar with a divine pomegranate-rose scent. Bath bar, \$2; yardleyshop.com. 40 Conceal the spare roll of TP with this snappy, super-happy cover. Roll cover, \$1.99; respecttheroll.com.



41 A super-sleek air freshener that comes in clean, low-key scents. Brilliant! Aircraft Infused Scentsticks, \$12.99; craftyourair.com. 42 Send "Love & Hisses" to your fave cat-lover (or hater). Card, \$3.50; seltzergoods.com. 43 Think of these dangles as a no-surgery face-lift. Earrings, \$16; shopbelina.com. 44 A bangle stack fit for a Bollywood star. Bangle set, \$19.99; bombayfashions.com. 45 These wise owls always scoop up the right amount of sugar. Measuring cups, \$19; westelm.com. 46 A cross-body bag to turn "hands-free" into a style mandate. Bag, \$19.75; qvc.com. 47 We dare you to get through a weekend without reaching for this tee. T-shirt, \$19.94; oldnavy.com. 48 Leave a little of this red on his collar—he won't mind. Rimmel London Lasting Finish Lipstick by Kate Moss in 01, \$5.49; CVS stores. 49 Throw in your bag to soothe dry spots on the go. Aloe & Green Tea Hand & Cuticle Salve, \$8.99; jrwatkins.com. 50 A seriously glamorous knuckle-duster of a ring. Ring, \$15; lulus.com.

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BELOW)

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1 reader will win a 3-day, 4-night Canadian Romance by Rail package for 2 from VIA Rail Canada, including a train ride from Toronto to Vancouver, a private suite, breakfast in bed, and glasses of bubbly as the train departs. Plus, travel insurance for you and your guest and a \$600 airfare credit courtesy of On Call International. Total value, \$8,762.

Up for grabs this month:
beauty goodies, **lingerie**, and
an insanely special **trip**. 213
readers will win—one of them
should be you. Enter at
redbookmag.com/freebies.



FREE MAKEUP!

50 readers will each win a gift card to spend on any of Nyx's beauty products—including shimmery glosses, creamy eyeshadows, and pretty palettes. Value of each, \$30.



SUCH A COOL TRENCH

12 readers will each win this striking navy-and-white trench coat from Coldwater Creek. Value of each, \$130.



YOUR NEW FAVORITE BAG

5 readers will each win this chic (and spacious) Sondra Roberts hobo bag, made from pebbled Italian leather. Value of each, \$330.



AN AWESOME TABLET

4 readers will each win a Toshiba Thrive tablet, with a 10-inch screen—great for on-the-go browsing and gaming. Value of each, \$380.



SO MANY POLISHES

12 readers will each win 12 OPI polishes—every single color from the Spring/Summer collection. Value of set, \$102.



PERFECT COFFEE, EVERY TIME

10 readers will each win a Keurig Platinum Brewing System with customizable settings. Value of each, \$180.



AMAZING PILLOWS

4 readers will each win 2 Select Comfort AirFit Adjustable Pillows from Sleep Number: You can adjust to get the just-right level of firmness or softness. Value of set, \$380.

ALL-NATURAL SKIN CARE

100 readers will each win an ultra-soothing cleanser and moisturizer from the new Burt's Bees sensitive skin-care line. Value of set, \$25.

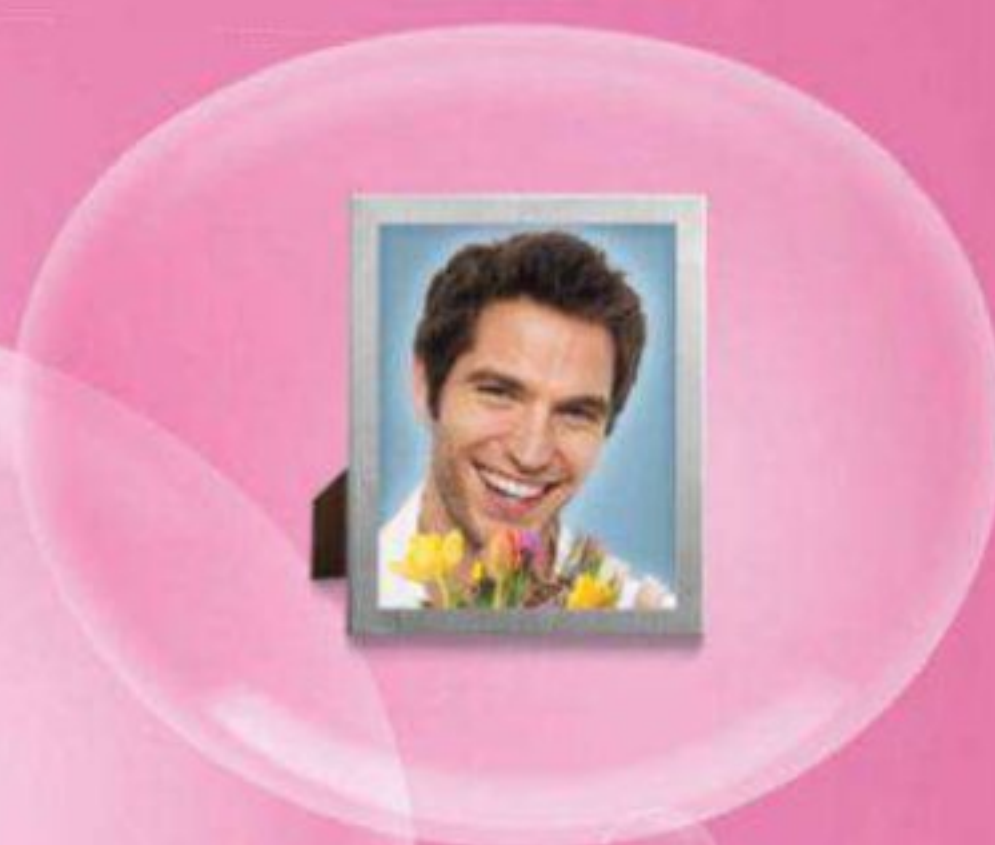


SEXY-SWEET LINGERIE

15 readers will each win a 4-piece lingerie set from Affinitas in a sweet pink-and-white gingham print. Value of set, \$155.

It's your last chance to win \$250,000 in cold, hard cash! Go to win250k.redbookmag.com by January 31 to enter. See page 178 for details.

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WOULD RATHER HAVE ON THEIR MINDS
THAN THEIR PANTILINER.



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WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE



Why you'll be happy to get **scarlet fever**:

1 Studies prove: Red looks good on everyone. (Okay, we made the studies up. But it's true!) No matter what your skin tone, you'll positively glow.

2 Men see you in red and the reasoning part of their brain blinks out. All they can think is, *She's so SEXY*. And hey, nobody's ever written a song about a lady in orange...

3 It's like cooking with red pepper — a dash adds interest, a heap will take everyone's breath away. Turn the page and decide how hot to go.

Crimson gives classic uptown pieces pizzazz. *Gossip Girl*'s Blair Waldorf (played by Leighton Meester) clearly agrees.

TREND WITH BENEFITS

Red everything

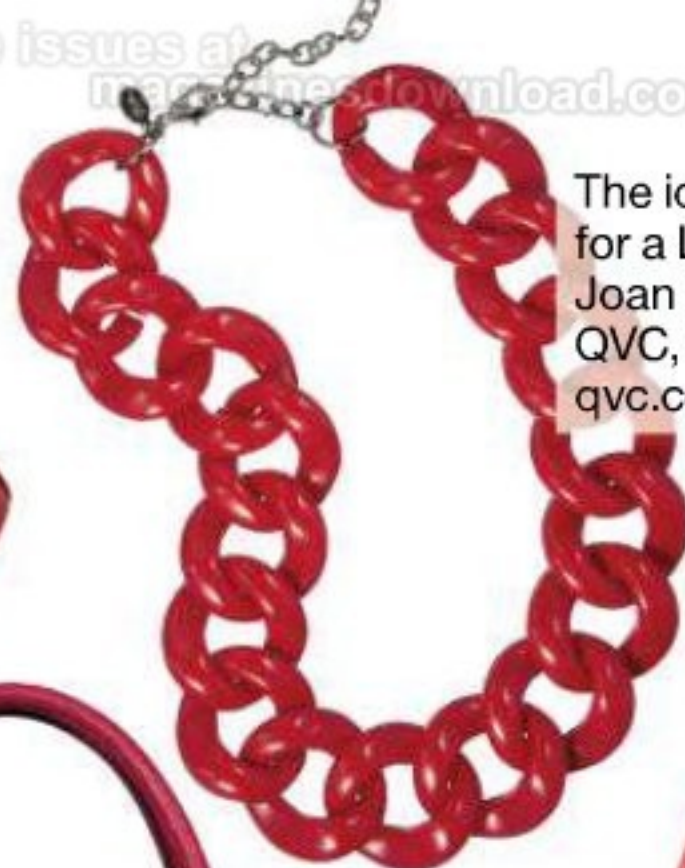
TREND WITH BENEFITS



The relaxed fit makes this dress not too va-voom. Tulle, \$73; tulle4us.com.



A two-second outfit-finisher. Trina Turk, \$70; trinaturk.com.



The ideal mate for a LBD. Joan Rivers for QVC, \$28.50; qvc.com.



Your everyday bag, gone spicy. Banana Republic, \$220; bananarepublic.com.



A dose of bright when it's dreary out. Old Navy, \$44.94; oldnavy.com.

RED ALERT: THESE 12 PIECES WILL MAKE YOUR STYLE SIZZLE.



Sassy-sweet in eyelet. J.Crew, \$88; jcrew.com.



Nice and flirty with a black top. McGinn, \$246; select Nordstrom stores, 800-695-8000.



The star of your next jeans-and-tee day. Geox, \$150; geox.com for stores.



So French-ladylike. Paul & Joe Sister, \$280; Paul & Joe, Los Angeles, 310-270-4620.



The deep hue makes these work-perfect. Paris Hilton, \$89; heels.com.



With these, who needs makeup? Eyebobs, \$85; eyebobs.com.



Super-luxe, thanks to gold hardware. Olivia+Joy, \$72; oliviaandjoy.com.



Feeling really bold? Mix in a red-based print, like Rachel Bilson (right) and Anna Faris (below).

STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: JUDITH TREZZA FOR R.J. BENNETT REPRESENTS. BILSON: FILMMAGIC/GETTY IMAGES. FARIS: WIREIMAGE/GETTY IMAGES.

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Tap into your sexiness

Mad Men costume designer Janie Bryant shows you how to master an alluring 9-to-5-to-anytime look.



Yep, she's pretty much a girly girl.

ALWAYS, ALWAYS, ALWAYS...

"Highlight your shape. Classic sheath dresses create a curvy silhouette no matter what your figure. And full-skirted dresses are great too: Just make sure they nip in at the waist, or add definition to them with a belt."

1 Dress, Taylor Dress, \$128; Belk. 2 Dress, Banana Republic, \$140; bananarepublic.com. Belt, L.K.Bennett, \$145; lkbennett.com. 3 Dress, Joe Fresh, \$59; 888-495-5111 for stores. Belt, Talbots, \$49; talbots.com.



Joan's secret? It's this



YOU CAN'T BE PERFECTLY DRESSED WITHOUT... "The right undergarments. Back in the day, women wore long-line bras and girdles to make sure everything was smooth and shaped. Maidenform's shapewear slips have the same effect—but aren't painful."

Maidenform Flexees Easy-Up slip, \$57; maidenform.com.

NEVER PLAY IT TOO SAFE: "Even at work, you should have on one piece that brings the drama. Even if it's just a big gold cuff bracelet or a bright crimson blouse paired with a pencil skirt, it sends a message that you're not afraid to be a little bold."

UPGRADE ANY OUTFIT WITH... "A sturdy work bag that is big enough to carry everything but feels luxe. It will make you always appear pulled-together."

Janie Bryant for QVC, \$227; qvc.com.



MY RECIPE FOR TOUCHABLE SKIN IS...

"Grapeseed oil. It's amazing. Usually I just dab a few drops all over my face in the morning, but it's super-light, so sometimes I douse myself in it before bed."

Salute Santé, \$18.95 for 17 oz; grapeseedoil.com.

CASUAL SHOULDN'T MEAN BORING:

"I keep it comfortable but fun on set in leather jackets—with pockets for all my stuff—bright J Brand jeans, and floaty white blouses."

Jacket, Calvin Klein CK One, \$100; select Macy's. Shirt, \$29.94; oldnavy.com. Jeans, \$169; jbrandjeans.com. Green jeans, \$176; jbrandjeans.com. Pink and red jeans, American Eagle Outfitters, \$44.50 each; ae.com. Blue jeans, \$34.94; oldnavy.com.



On her feet? Sexy platforms. Booties, Sam Edelman, \$200; isaay.com.

BRYANT: STEPHAN PERRY. STILLS: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. STYLIST: PHYLLIS BAKER FOR MARK EDWARD INC. MAD MEN STILL: COURTESY OF AMC. OIL: COURTESY OF MANUFACTURER.

Rise & Outshine

A Morning in the Life of an Up-and-Coming Design Diva

Interior designer **Caitlin Wilson**'s day is a study in creativity—in the work she does for her clients and on her textile collection, and how she juggles that with parenting and her family.

"My mornings—like my designs—are anything but routine! Whatever I can do to take care of my family before the workday starts helps free up my most creative self."



7:30AM

Usually, by the time my daughter pops into my room, I've been up for hours cutting fabric, sketching new designs and starting my blog posts.



7:45AM

While Olivia is munching on cereal or toast, I squeeze in a 10-minute yoga podcast for a mini morning workout.



8:00AM

Dressed for the day. My personal style and design style go hand in hand—polished and sophisticated, with a unique touch of color and pattern.



8:30AM

Drop Olivia at preschool, and it's off to the office—my favorite space, decorated in gold, colorful wallpaper and a mix of antiques.



9:00AM

I need a little sweet treat (in a stylish, bold cup) to energize me for the day. My charge-up drink is homemade hot cocoa—I am a bit of a connoisseur! It's an unexpected indulgence and perfect for getting me through my morning emails.



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A shirt to add pop to your life



Blouse, J.Crew, \$98; jcrew.com.

Look what happened to your standard button-down: In hot-coral silk, it's a soft, sexy **outfit-maker**. These are just **5** of the infinite possibilities.

1 Electrify your neutrals

The shot of super-peppy pink keeps a cute little group of brown and beige pieces from feeling too quiet.

Dress, Joe Fresh, \$59; 212-366-0960. Jacket, Gap, \$398; gap.com. Handbag, American Eagle Outfitters, \$49.50; ae.com. Bangle, Loft, \$19.50; loft.com. Boots, Clarks, \$120; clarksusa.com.



2 Go bright-on-bright

A punchy, pretty take on ladies-who-lunch style: a bold jacket (in the same color family) and trouser-style jeans.

Blazer, Victoria's Secret Catalogue, \$148; victoriasssecret.com. Necklace, \$168, Jeans, \$78, both C. Wonder; cwonder.com. Belt, L.K.Bennett, \$145; L.K.Bennett, 201-996-1810. Bag, Ivanka Trump Handbags, \$125; Lord & Taylor. Heels, Nine & Co. by JCPenney, \$39.99; jcp.com.



3 *Prep yourself!*

Welcome to your coolest weekend ever: cargos, a hint of silky blouse peeking out from your fave cabled sweater, and old-school shades.

Sweater, Uniqlo, \$39.90; Uniqlo, 877-486-4756. Sunglasses, Fred Flare, \$14; fredflare.com. Belt, American Eagle Outfitters, \$19.50; ae.com. Pants, Johnnie B., \$54; bodenusa.com. Loafers, Mia, \$69; miashoes.com.

The cherry on bottom: sparkly loafers!



Layer the shirt under any boxy top



4 *Be proper yet funky*

Worn under a peplum blouse, the shirt adds a touch of fun while still looking structured and sleek.

Top, H&M, \$49.95; hm.com for store locations. Bracelet, Lauren by Ralph Lauren, \$58; select Belk locations. Skirt, Express, \$70; express.com. Bag, Fashion Bug, \$39.99; fashionbug.com. Booties, Sam Edelman, \$130; 877-932-7726.



5 *Get retro-pretty*

With a charmingly patterned full skirt, the effect is classic yet refreshingly flirty.

Necklace, Marlyn Schiff, \$72; marlyn-schiff.com. Skirt, Old Navy, \$34.94; oldnavy.com. Heels, Milk & Honey, \$270; milkandhoneyshoes.com.



WHAT WOULD *Kate Moss* DO?



NIGHT OUT

Simple but really special: a gold top that flows over pencil-slim pants.



DAYTIME

What makes Kate's mix so good: The pieces are all classic, but with very different vibes.



OFF-HOURS

She uses a tuxedo jacket to give casual stuff polish. Smart!

Steal Kate's style: The trendsetting supermodel specializes in pants! Wear yours her way for totally effortless chic.

■ The boxy fit of this gleamy top is super-flattering.

Top, Ann Taylor, \$158; annaylor.com. Pants, Simply Vera Vera Wang, \$48; kohls.com. Earrings, R.J. Graziano, \$60; 212-685-1248. Heels, H&M, \$34.95; hm.com for store locations.



■ Knock the proper out of a trench with rockerish extras.

Hat, Lulu's, \$27; lulus.com. Trench, Laundry by Shelli Segal, \$200; Bloomingdale's. Bracelet, Lia Sophia, \$48; liasophia.com. Booties, Guess, \$179; guess.com. Bag, AMI Clubwear, \$38; amiclubwear.com.



Use these pants for an all-new look!

■ A sharp jacket and shiny flats give this look insta-elegance.

T-shirt, Market, \$42; market-ts.com. Blazer, Costa Blanca, \$102; costablanca.ca. Pants, Hudson Jeans, \$136; hudsonjeans.com. Bag, Vieta, \$95; vietafashion.com. Flats, Restricted, \$45; restrictedshoes.com.



Such cute pinstripes

MOSS, FROM LEFT: AFP/GETTY IMAGES, BERRETTA/SIMS/STARTRAKS.COM, GETTY IMAGES. EARRINGS: PHOTOGRAPHED BY GREG MARINO/STUDIO D. OTHER STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: JUDITH TREZZA FOR R.J. BENNETT REPRESENTS.



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BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS TO...

Sexy, shiny, bouncy hair!

Does your hair suffer from seasonal affective disorder? This pro intervention will bring lifeless strands back to a healthy, happy state.
By Kayleigh Donahue

1 DO A DEEP TREATMENT

Combat dryness and flyaways by using a deep conditioner or hair mask once a week (or every other week if you have fine hair). They're like regular conditioners on steroids, loaded with moisturizers and strengthening nutrients. Look for one with panthenol, which helps repair damage and boosts shine, or glycerin, a mega-nourisher that's ideal for curly or coarse hair. If you're fine-haired, pick a mask *without* silicone or coconut oil, both of which can flatten your style (we like Living Proof Restore Mask Treatment, \$42). Spread the formula through wet hair, avoiding your roots. "Then, to get the full benefits, leave it on for 20 minutes before rinsing," says hairstylist Jordan Blackmore, who makes sure Lake Bell and Elizabeth Olsen have exceptionally nice hair.



2 Pump it up

For women with fine hair, the low humidity in winter is a body buzz-kill. "But many volumizers contain a lot of alcohol, so applying them all over can dehydrate hair," says hairstylist Alan Tosler, co-owner of Tosler Davis Hair Salon in New York City. His scaled-back solution: Squirt a root-lifting spray, such as John Frieda Luxurious Volume Blow-Dry Lotion Root Booster (above), \$6.50, into damp roots, air-dry your hair for 10 to 20 minutes, then aim your blow-dryer nozzle at your roots while lifting them up with your fingers. "This sets the height," Tosler says. Style the rest of your hair, then mist just your roots with an aerosol hairspray.

3 Revive color

"If you dye your hair, going slightly warmer in the winter makes your shade look richer," says colorist Rita Hazan, owner of the Rita Hazan Salon in New York City. Look for words like *golden* or *warm* on the box, or the letter G (which stands for *golden*) in the shade number. Then keep your hue vibrant with a sulfate-free shampoo designed for color-treated hair, such as Alterna Bamboo UV+ Color Shampoo (right), \$20, and rinse with warm—not hot—water.

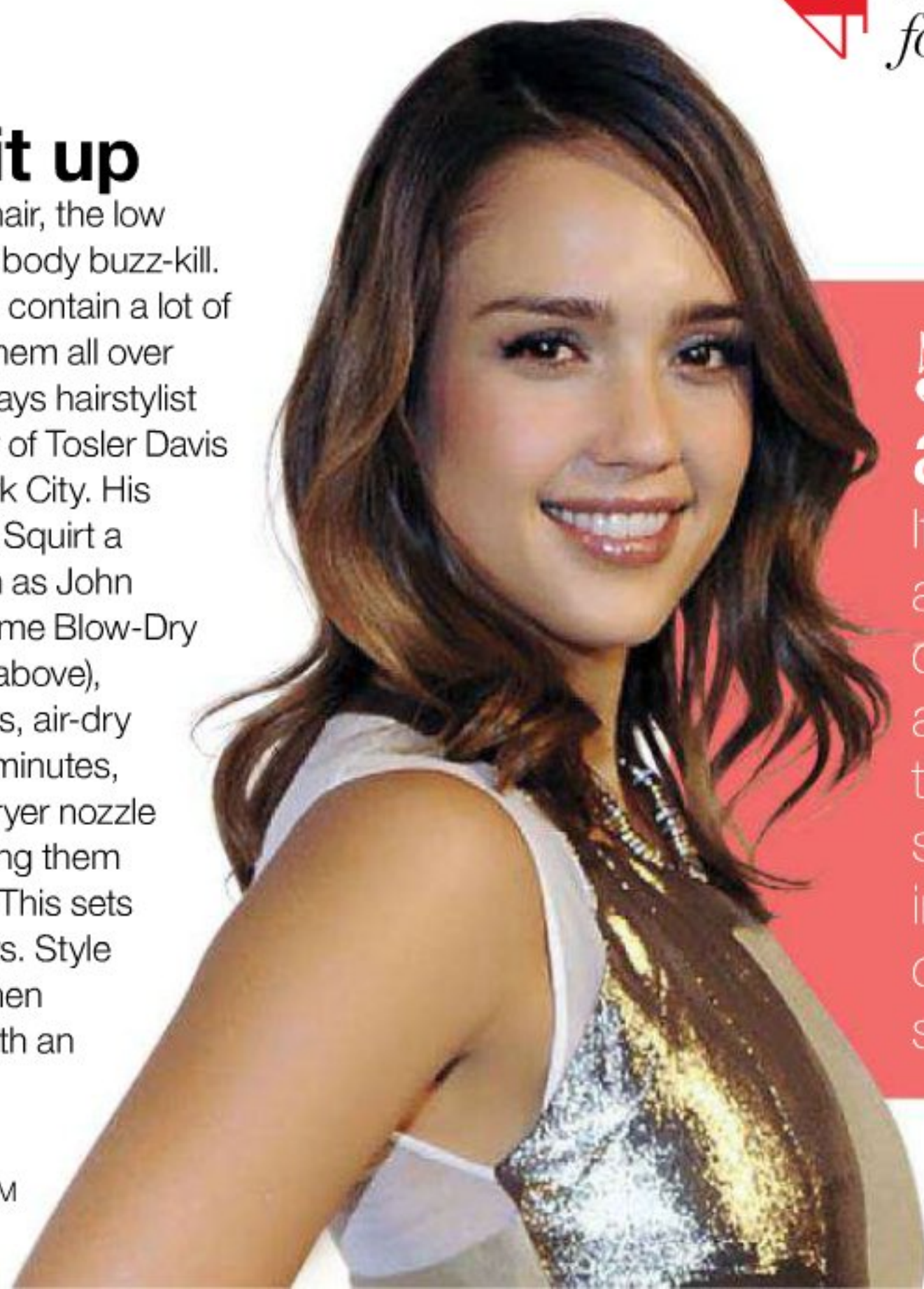


4 ADD MAJOR SHINE

"Glossy hair reads as healthy hair," says Hazan. If yours is dullish, apply a clear at-home glaze—which is packed with oils and proteins—monthly. (Try Fekkai Salon Glaze, \$28.) Saturate wet, just-shampooed hair with it, leave for five minutes, then rinse and condition as usual. Or try Clairol Natural Instincts Shine Happy, \$8.99; the treatment takes 15 minutes but gives you a rich polish for up to six weeks.

5 Trim ends, add bounce

If your haircut suddenly looks blah, ask your hairstylist for a graduated cut—that's pro-speak for soft, angled layers along the bottom of the hair (check out Jessica Alba's style, at left). "They can be worked into just about any style that's chin-length or longer to give it more shape and swing," Tosler says.





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9 BEAUTY VALENTINES ADDRESSED TO YOU



1 Red lips, relaxed A pinch of gold shimmer in this cherry lipstick creates a look that's sexy, not severe. Yves Saint Laurent Rouge Pur Couture Golden Lustre in No. 111, \$30.

2 Your custom liner This rich purple is part of a trio of waterproof liners made for green eyes. Each set—for every eye color—contains two colorful shades, plus black. Physicians Formula Kohl Kajal Eyeliner Trio, \$10.95, available in four combos.

3 Extra-strength wrinkle fighter A one-two punch of a potent line-reducing serum and a rich cream swirled into a single product. Garnier Ultra-Lift 2-in-1 Wrinkle Reducer, \$16.99.

4 Prettiest new pink This petal-pink color has more kick than your default sheer mani, but is just as elegant. Lancôme Rosaraie Des Delices Mini Le Vernis in Rose Macaron, \$15.

5 Shiny, happy lips The clear gel encasing this lipstick gives it a gorgeous, glossy sheen—but it won't dilute the cheerful color. Avon Shine Attract Lipstick in Rose Bouquet, \$9.

6 Skin transformer Dust the luminous pink powder on cheeks, temples, or on top of eyeshadow for soft highlights. Or just stare at the giant compact and feel wildly chic. Guerlain Météorites Cruel Gardenia powder, \$67.

7 A total shadow wardrobe The only six neutral eyeshadows you'll ever need, from champagne to deep brown, in matte to sparkle. *Brilliant.* Bobbi Brown Ultra Nude Eye Palette, \$45.

8 Soft hair in 30 seconds That's all it takes to get results with this deep conditioner, which heats up as you massage it in. But leave it on longer to extend the *ahhhh*. Wella Professionals Enrich Self Warming Mask, \$12.

9 Seduction, bottled A rose scent for Valentine's Day? Duh! But jasmine and vanilla notes in this one add a frisky, lock-the-bedroom-door edge. A Dozen Roses Shakespeare in Love eau de parfum, \$95 for 3.4 oz.

PHOTOGRAPHED BY GREG MARINO/STUDIO D.



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UNFORGETTABLE MOMENTS



BEAUTY CHAT WITH...

Faith Hill and Tim McGraw

Country music's best-smelling couple are introducing a new collaboration: Soul2Soul, his-and-hers fragrances that hit stores this month. Hers is a light, romantic blend of white peach, rose, and sandalwood; his is a crisp mix of bergamot, white pepper, and blackberry brandy. We asked the stars, who recently celebrated their 15th wedding anniversary, how they balance music, marriage, and three-kid mayhem (daughters Gracie, 14, Maggie, 13, and Audrey, 10).

You've each created a few fragrances already. Why launch two new ones together?

FAITH: We wanted a pair of scents that represent the things we're attracted to, that remind us of our life and—

TIM: And of our relationship. It's like how we approach singing together: We each bring different things to the table, but our key similarities are where the sparks fly. *Tim, did Faith have veto power over your cologne during the creation process?*

FAITH: Of course!



Faith's faves, clockwise from top: Soul2Soul Tim McGraw and Faith Hill eau de toilette, \$31.50 each for 1.7 oz; Chanel Soft Touch Eyeshadow in Amethyst, \$28.50; By Terry Rose de Rose blush in Corail Rose, \$54; La Mer The Eye Balm Intense, \$165; L'Oréal Paris Voluminous Volume Building Mascara, \$7.50.

TIM: [Laughs] Well, I'm not gonna make anything she doesn't like.

Faith, what's your daily beauty routine?

FAITH: If I'm just running around with the kids, I'll use dry shampoo and put my hair in a bun. For makeup, I apply tinted moisturizer, curl my lashes, and dab on By Terry cream blush—it's my secret beauty weapon. *What about for a night out?*

FAITH: I glam it up with lots of volumizing mascara and a deep purple shadow to bring out my green eyes. *What's your favorite smell on each other?*

TIM: I don't like anything overpowering or heavy on her. I love something that's fresh, light, and sensual.

FAITH: I just like him to smell clean, like when he's right out of the shower—there's nothing better.

Faith, does he steal any of your beauty products?

FAITH: My La Mer eye cream! But I have to put it on him. He doesn't gently pat it on like you're supposed to—he just rubs it all around.

TIM: I'm not a big product person, but she's always putting something on my face. —KAYLEIGH DONAHUE

A glow-boosting duo.



REDBOOK FOUND OUT

Gabrielle Union's peach blush is so pretty. What is it?

It's a combo of Jane Iredale PurePressed Blush in Flushed (far left), \$27, swirled on the star's cheekbones and apples, and Too Faced Absolutely Invisible Candlelight highlighter (top left), \$27, on the tops of her cheeks, says makeup artist Natasha Greissing.

beautiful



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BRAND-NEW BEAUTY IDEA

D.I.Y. gel manicures

Revlon ColorStay Enamel in (from top) Amethyst and Rich Raspberry, \$7.99 each.

Here's the thing about salon gel manicures: On the one hand (pun fully intended), the color—which goes on like regular polish and sets instantly with a light-emitting device—stays shiny and chip-free for up to two weeks; on the other, they cost about twice as much as a regular mani, and you have to trek back to the salon to get the polish removed. So we were curious to try the new at-home gel nail systems, which come with all the same stuff—gel colors, gel-friendly base and top coats, a light, and remover—and deliver up to 20 manicures for only slightly more (\$50 to \$80) than the cost of one salon treatment. “The process and technology are pretty much the same,” says manicurist Jin Soon Choi, owner of the Jin Soon Natural Hand and Foot Spas in New

York City (where they use CND Shellac, a pro gel-like polish), who helped us road test the new kits. “But doing it yourself can take up to an hour, and with any gel polish—whether from the salon or at home—nails need a two-week break in between manis; otherwise they could crack or peel.”

Of the three home systems we tried, the Red Carpet Manicure, \$80, came out on top. Our mani was pristine for a full 15 days, though removing it took some effort and left our nails a bit ragged. For a cheaper, faster fix, try Revlon ColorStay Nail Enamel, \$7.99. When used with the ColorStay base and top coats, this polish promises up to 11 days of perfect gel-like color. We were skeptical—until it withstood a full week of heavy dishwashing and toddler-chasing without a single chip. Well done! —KAYLEIGH DONAHUE

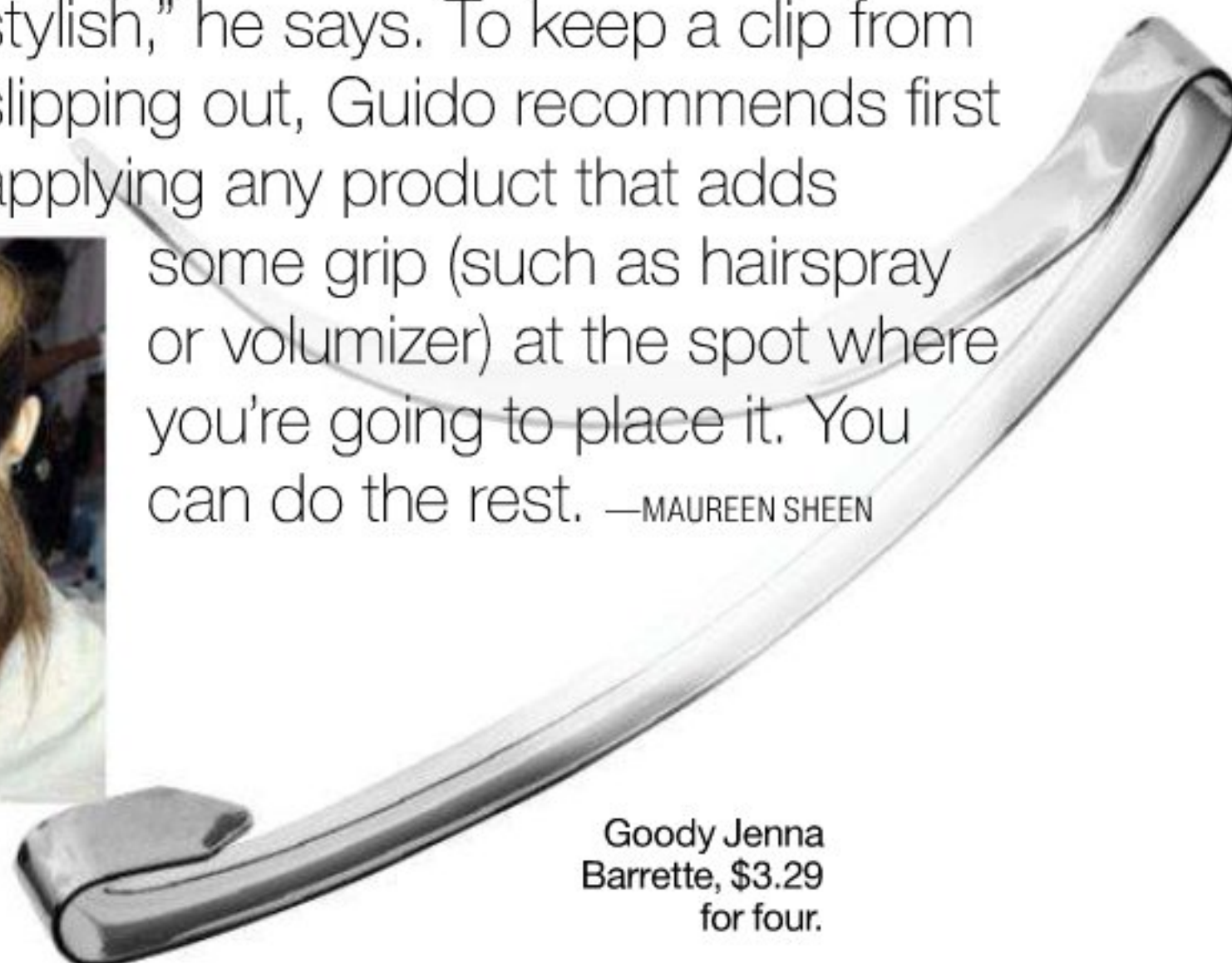
TRY THIS TREND

Clip your pony

The prettiest hair idea from the spring '12 runways requires nothing fancier than a Goody barrette—the plain ol' drugstore kind. At shows like Marc by Marc Jacobs and Ports 1961, hairstylist and Redken creative consultant Guido used them to secure low ponytails and buns. “They're quick and easy, but so stylish,” he says. To keep a clip from slipping out, Guido recommends first applying any product that adds some grip (such as hairspray or volumizer) at the spot where you're going to place it. You can do the rest. —MAUREEN SHEEN



Goody clips looked sleek at Ports 1961 (above) and Marc by Marc Jacobs.



Goody Jenna Barrette, \$3.29 for four.

SUPER-CHARGED SPF

Sunscreens are like smart-phones—they keep getting lighter and cleverer. Case in point: the sprays and lotions in the L'Oréal Paris Sublime Sun collection (\$9.99 to \$10.99). They contain five UV filters (most sunscreens contain only three), “plus antioxidants for extra sun protection, and grapeseed extract, which guards skin from inflammation that can speed up aging,” says Jeannette Graf, M.D., an assistant clinical professor of dermatology at Mount Sinai Medical Center in New York City. Impressive stuff, but what sold us were the super-sheer formulas, like the Liquid Silk Sunshield for Face SPF 50+ (above), \$10.99, which absorbed into our skin in 10 seconds flat. —KRISTA BENNETT DEMAIO



NAIL POLISH, BARRETTE: PHOTOGRAPHED BY GREG MARINO/STUDIO D. MODELS, CLOCKWISE FROM TOP: CHARLES SYKES FOR REDKEN (2), SUNSCREEN: COURTESY OF MANUFACTURER.

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Age-busting makeup tricks!

With all due respect to wrinkle cream, the right foundation or lipcolor can shave off years—instantly. See for yourself with these super-fast solutions.

Airbrush skin with primer

It makes you look like you're always standing in flattering light, says makeup artist Maria Verel, whose clients include Diane Sawyer. "Primer blurs the appearance of uneven skin and fine lines, so your face seems smoother." Rub on a pea-size drop after moisturizing—even if you don't wear foundation over it. Verel likes Make Up For Ever HD Microperfecting Primer, \$32.

Switch to an illuminating foundation

If your skin seems dull, try a foundation with light-reflecting particles (they're tiny, so you won't look like a showgirl). "They hide flaws and make skin look radiant," says makeup artist Sonia Kashuk. Any formula labeled *illuminating*, *brightening*, or *luminous* will do the trick. Try Sonia Kashuk Perfecting Luminous Foundation, \$10.49.

Smooth lids with shimmer

A neutral-colored shimmery shadow is like Spanx for crepe-y eyelids: It gives the illusion of tautness. Use a powder—not cream—shadow one shade lighter than your skin, such as Urban Decay Eyeshadow in Sin (for light skin), Baked (for medium), or Smog (for dark), \$17 each.

Try a pink pucker

"Everyone looks younger with cherubic rosy lips," says makeup artist Christian McCulloch, who works with Demi Moore and Naomi Watts. If you're fair, slick on a

mauve-y rose shade such as Revlon ColorBurst Lip Butter in Sugar Plum, \$7.49; for deeper skin tones, go with a bolder color like Berry Smoothie.

Brighten eyes with beige pencil

"Big, sparkling eyes convey youth and happiness," McCulloch says. No kidding! His trick: Line the inner rims of your eyes with a cream-colored eye pencil (we like Tarte Inner Rim Brightener, \$18).

Use cream blush

Powder blushes, which sit on the skin's surface, can exaggerate the look of fine lines, "but cream formulas sink into skin to give a dewy finish," says Kashuk. Try Illamasqua Cream Blusher, \$24.

Fight gravity with eyeliner

"After age 40, eyelids can start to droop at the outer corners," says Sandy Linter, a Lancôme makeup artist who works with Christie Brinkley. Her fix: Line your top lash line with a creamy black pencil, then use a pointed Q-tip to smudge the line slightly up and out past the outer corner "to create a subtle lift."

Laugh off lip lines

"When you apply lipstick so it has a crisp border, it draws attention to fine lines around your mouth," says Kashuk. Try lightly dabbing your finger around your lip line after swiping on your shade: It'll make the edges soft—and your smile juicier. —KRISTA BENNETT DEMAIO



Clockwise from
top left: Revlon
Lip Butter in
Berry Smoothie;
Illamasqua Cream
Blusher in Rude;
Urban Decay
Eyeshadow in Sin.



Stop plucking around! These tips guarantee full arches.

Q

I over-tweezed my eyebrows, and they won't grow back in! What can I do?



A

THE DERMATOLOGIST SAYS:

Jeanine Downie, M.D., director of Image Dermatology in Montclair, NJ, and coauthor of *Beautiful Skin of Color*

"If you've tweezed like crazy for years, it may seem like all those hairs are gone for good. But brow-hair growth slows down after age 30, so it can take over a year for some hairs to reappear. To help things along, ask your doctor for a prescription for Latisse, the lash-growth serum. Currently, it's FDA-approved only for use on lashes, but many dermatologists also prescribe it for puny brows. If you brush it on the sparse areas, it helps hairs grow back in and slows down their fallout cycle, which creates fuller brows." With daily use, you'll see results in three to four months, though you should continue applying Latisse even after the hairs have grown in. "Otherwise, the follicles that stopped producing before could slow down or stop growing again," Downie says.



A

THE BROW SPECIALIST SAYS:

Sania Vucetaj, owner of Sania's Brow Bar in New York City

"Don't try to reshape too-skinny brows. Instead, stop tweezing for two months, except for obvious strays in between or far below your brows. And when you pluck, don't use a magnifying mirror, which can skew your perspective. As your brows grow in, hide stubble with a matte eyeshadow that matches your skin tone. Also, don't put lotion or sunscreen on the skin there—it can clog the hair follicles. My clients can't believe how much faster their brows grow once they stop doing this—some say that hairs that haven't grown in for years suddenly reappear." After the two-month mark, Vucetaj recommends getting a professional brow shaping at a salon or spa, which costs \$30 to \$60. "Go to someone who tweezes, which is more precise than waxing or threading," she says.



A

THE MAKEUP ARTIST SAYS:

Kristofer Buckle, celebrity makeup artist whose clients include Salma Hayek and Christina Aguilera

"To fill in skimpy brows, use a combo of pencil and powder—otherwise, they'll look drawn on. Choose a pencil that matches your brows. Then, if you're a blonde or redhead, pick a brow powder or matte eyeshadow that's one shade darker; if you have brown or black hair, go a shade lighter." First, sketch along—but not above—the top edge of each brow with the pencil using short flicks. Then fill in bald spots. Next, starting at the brows' inner corners, use an angled brow brush to apply the powder. Push it upward and outward until you reach the arch, then sweep it in the direction of the hair growth, says Buckle. Finally, use a spoolie brush to blend it all in. —GINA WAY

BROW BOOSTERS



Latisse, \$90 to \$120 per 3-ml vial (each lasts about a month)



Sania's Brow Bar slant-tip tweezers, \$25



Maybelline New York Define-A-Brow pencil, \$6.95



Clinique Brow Shaper powder, \$15



Tweezerman for Benefit Brow Shaping spoolie brush, \$12

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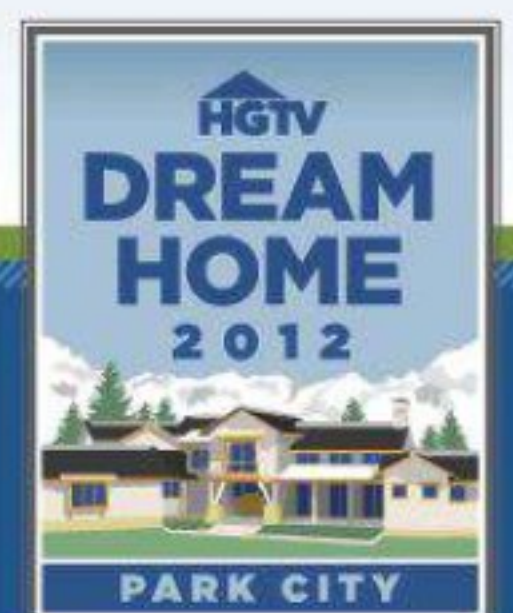
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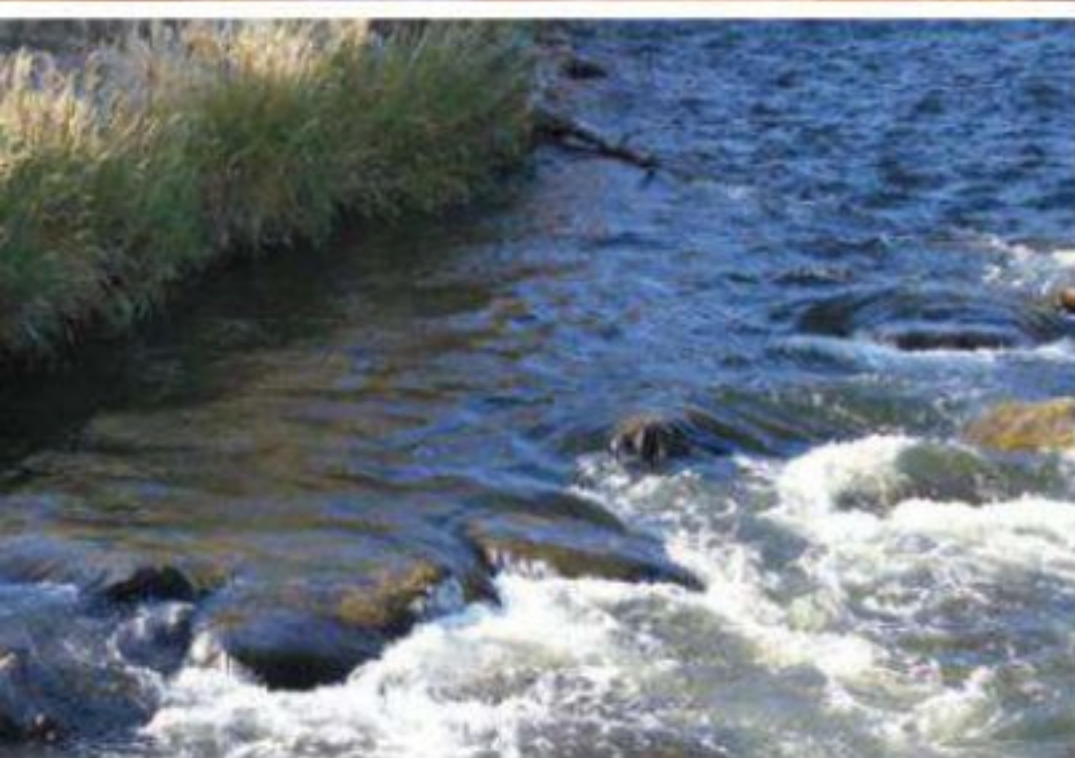


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GREAT ROOM



The HGTV Dream Home takes its cues from the breathtaking landscape on which it sits. Each window in this 4,000-square-foot, three-bedroom home offers an unobstructed view of the mountains and river. "What's outside is so significant," explains HGTV Dream Home Interior Designer Linda Woodrum. "The mountain grass and sky become a part of each room." From the master suite with two balconies, to the three distinct outdoor living spaces connected by a continuous "boardwalk," the HGTV Dream Home Team has created an ideal home in which to live, entertain, and play.

Attention to tradition is a theme in the 2012 HGTV Dream Home. The Great Room—with its Indian Ledge stonework and locally milled timber beams—is the heart of the home. "When people built homes 100 years ago they'd start with one room, and from there build the kitchen, and then the next room, and so on," explains Woodrum. "So we started there."

The room gets its modern sensibility from the Bellawood Brazilian chestnut flooring by Lumber Liquidators, and the solid stain on the timber beams.

The windows are another key design element in the living space, letting in an abundance of light and creating a sense of one with the outdoors. Predominantly built with stone and timbers, the room still feels light and airy thanks to large windows that envelop the space.

Woodrum kept the furniture light and airy too, in textural grays, blues, and creams. The golden yellow tones in the four matching prints on the wall over the fireplace pick up the warmth of the stone and tie the room together.

MEET THE 2012 HGTV DREAM HOME TEAM



JACK THOMASSON
HGTV DREAM HOME
HOUSE PLANNER



LINDA WOODRUM
HGTV DREAM HOME
INTERIOR DESIGNER



JOHN GIDDING
HGTV DESIGNER
& HOST



MONICA PEDERSEN
HGTV DESIGNER
& HOST

"The HGTV Dream Home combines classic Western style with modern design and amenities, allowing for enjoyment of the surrounding natural beauty."

—Jack Thomasson, HGTV Dream Home House Planner



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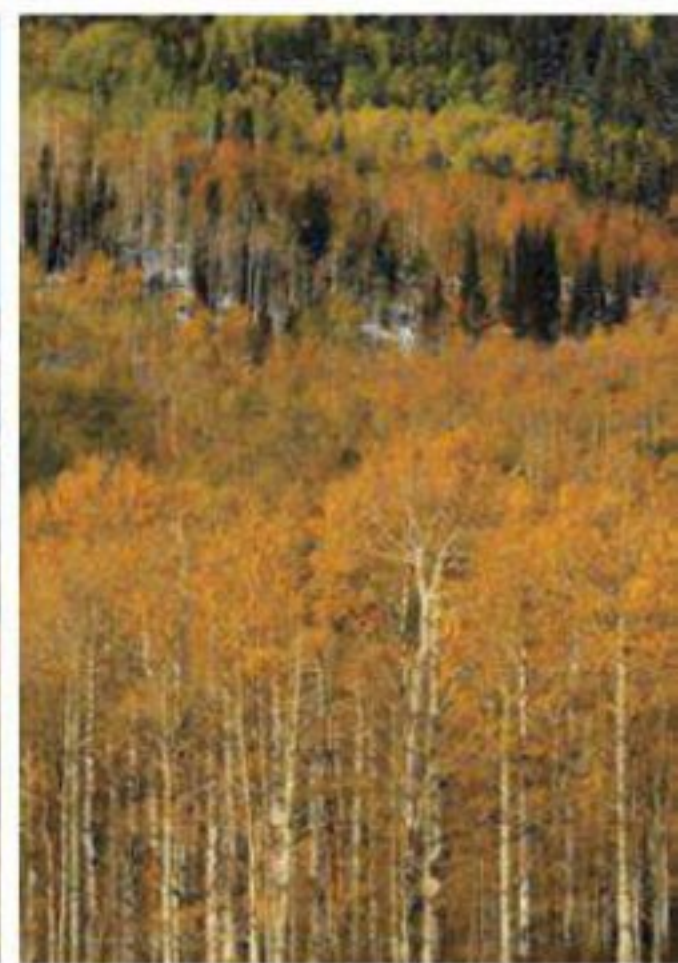
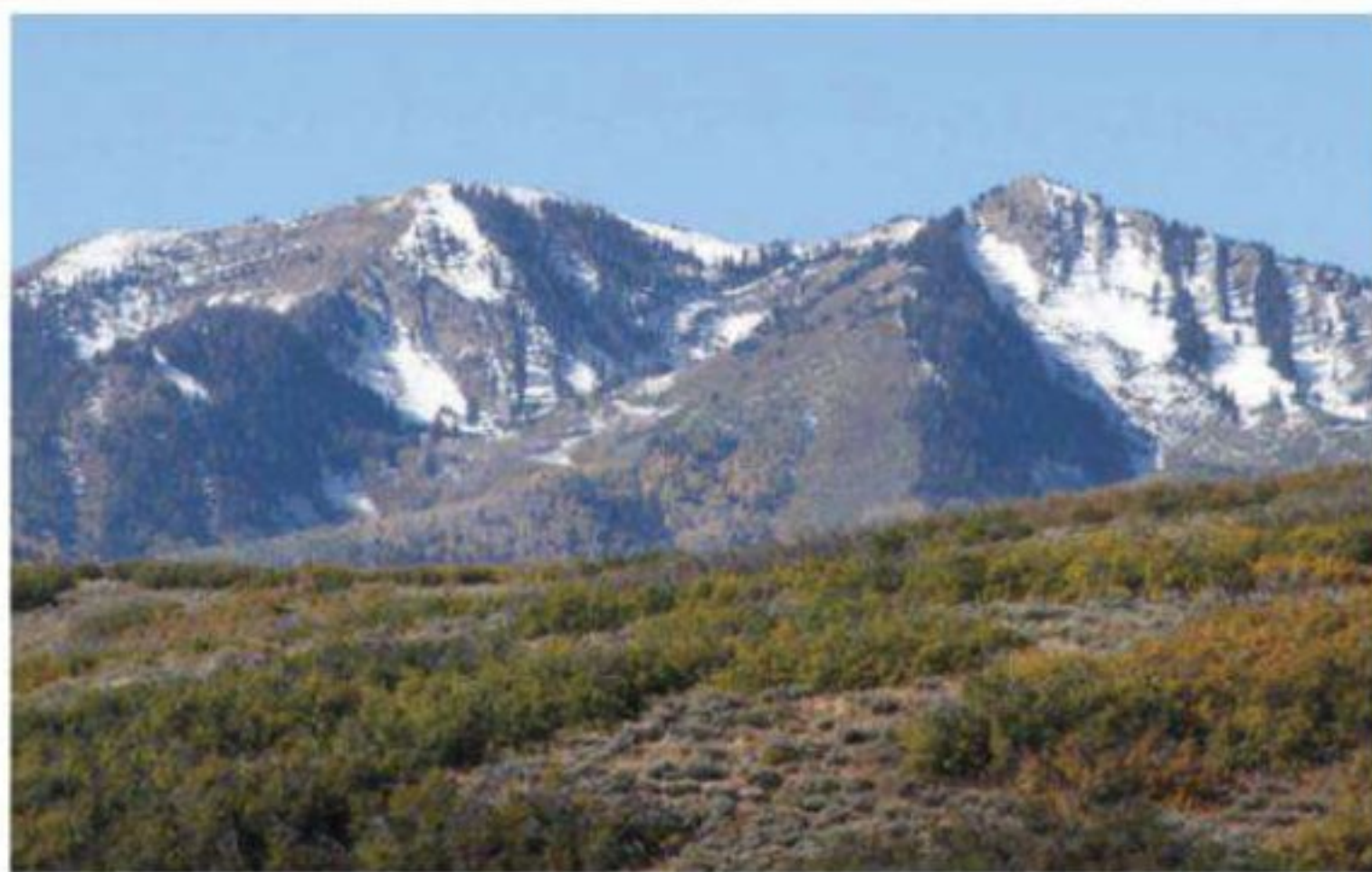
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Just off the Great Room on the first floor is the open Kitchen and Dining Room. Large windows incorporate sweeping views of meadows, foothills, and mountains. "We were very cognizant of the outdoors and the colors seen from the windows," explains Woodrum.

The pale palette of grays, creams, and blues used in the Kitchen give it an airy vibe that complements the stunning natural views. The kitchen feels timeless, but the wine refrigerator, large center island, and sleek stainless appliances give this room a fully modern appeal. The professional-style cooktop plus wall oven, microwave drawer, and warming drawer anchor this home firmly in the 21st century. With floor-to-ceiling crisp, crème cabinets that maximize storage, and clever details like the pot filler faucet over the stove, this is truly a chef's kitchen.

The Dining Room table, surrounded by bold-patterned chairs, is casual enough for Sunday morning breakfast and spacious enough to host large dinner parties.



"This is the HGTV Dream Home that embraces its location, most importantly the magnificent river that flows behind the house."

—Linda Woodrum, HGTV Dream Home Interior Designer



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DOWNSTAIRS BEDROOM SUITE



KIDS' NOOK

On the first floor, tucked away on the far side of the Great Room, is a cozy **Bedroom Suite** decorated in dreamy blues and accented with inviting browns. This private spot is a quiet retreat, complete with cushy armchairs that are perfect for curling up with a favorite book. Windows on three walls offer prime views of the river and mountains.

The soothing, subdued color palette of the home gets a jolt of spice in the **Family Room**, in warm, deep reds and browns and balanced by neutral upholstery on the cozy sectional couch and sophisticated nailhead-trimmed leather armchairs.

Set up as the quintessential hangout for all ages, the room even offers a secret **Kids' Nook**: a brightly painted under-the-stairs niche with a TV, bookshelf, and enough room for a few sleeping bags.



Kids' Nook is hidden here

FAMILY ROOM

Even the family pet gets his own private space: A mini replica of the HGTV Dream Home can be found in the **Laundry Room**. This custom dog house provides a little extra shelter inside. Can't spot the washer and dryer? There are actually two sets—all hidden in cabinets below the counter, leaving plenty of room to fold laundry or work on other projects.



Washers and dryers are hidden under here

LAUNDRY ROOM



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MASTER BEDROOM SUITE



SITTING ROOM



MASTER BATHROOM



UPSTAIRS BEDROOM SUITE

Chandelier
provides a
touch of
glamour

The Master Bedroom Suite boasts its own staircase with railings made from timber and glass panels—a stunning example of the modern-rustic style of the home. At the top of the staircase is an open Sitting Room with a Juliet balcony. Sliding barn doors separate the Sitting Room from the Master Bedroom, a restful sanctuary designed in warm shades of brown. Double doors lead to a larger balcony, which offers sweeping views of the river and the valley beyond.

Perhaps the most captivating views can be found in the Master Bath, where the vision of an outdoor shower experience is a luxurious reality, with an overhead showerhead and a stretch of windows that overlook the river. This Master Bath elevates pampering to an art form: It boasts his-and-hers vanities and closets, and the focal point of the room is the soaking tub, nestled in an alcove tiled in shades that reflect the colors found right outside. “The tile has a lovely metallic quality like the moving water of the river,” says Woodrum.

At the top of its own staircase, the Upstairs Bedroom Suite is inspired by Americana with decorative touches that include gingham-patterned floor covering, a bandana-print duvet, and flag artwork hung above the four-poster bed.

“The design of the home is rustic, elegant, and welcoming. Every room offers a view of one of the most peaceful settings on the planet.”

—Monica Pedersen, HGTV Designer & Host

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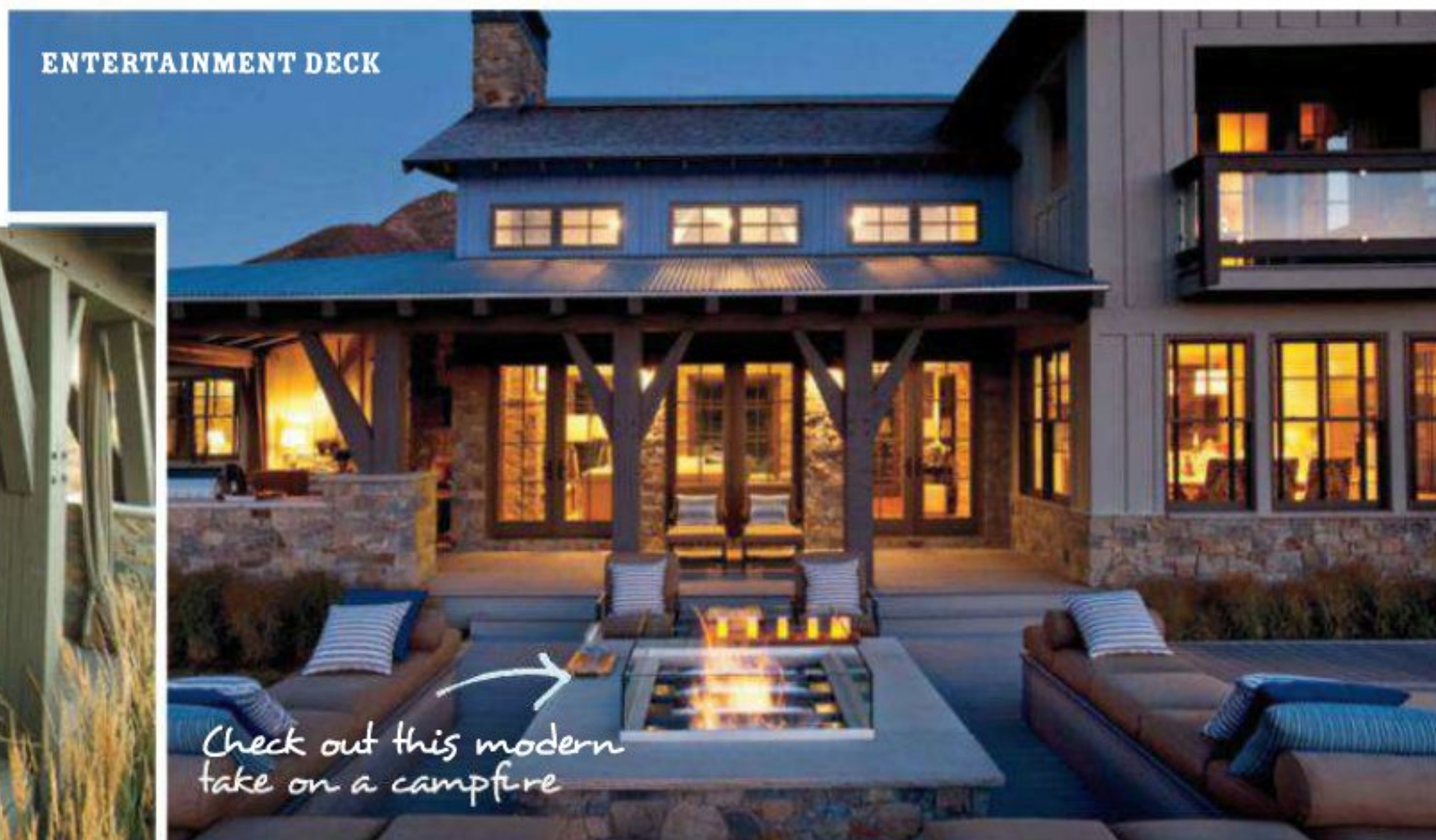
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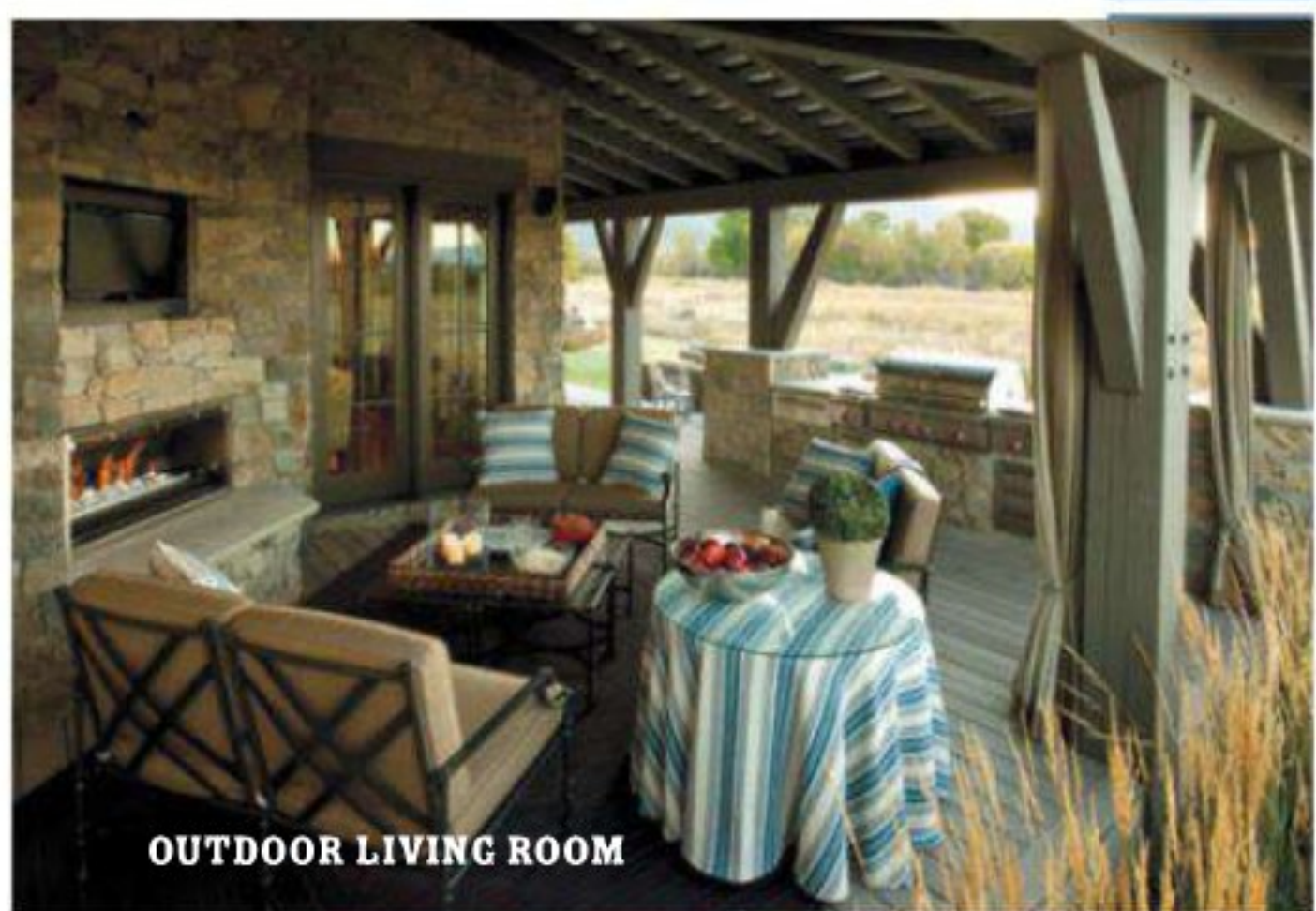
"The most breathtaking aspect of the site of this year's HGTV Dream Home is that it's just steps from the Provo River. It's truly a magnificent backdrop for outdoor living." —John Gidding, HGTV Designer & Host

ENTERTAINMENT DECK



Check out this modern take on a campfire

OUTDOOR LIVING ROOM



CHANGING ROOM



HOT TUB DECK



Nearly every room in the home has direct access to the gracious outdoor spaces. Turn on the outdoor fireplace and settle onto a couch in the main **Outdoor Living Room**—the entire space can be draped for privacy when you want it. It's the perfect spot to unwind with a glass of wine and a good read, and with an outdoor cooking area it's also an ideal entertaining area (the gas grill is close enough that even the cook can get in on the fun!).

"When you're here, there's an amazing sense that you're transported a million miles away. It's calm and peaceful and lovely," says Woodrum. Follow the boardwalk from the

outdoor room to the large riverfront seating area that surrounds a spectacular **Entertainment Deck**. It's the modern equivalent of sitting around the campfire enjoying the sights and sounds of the great outdoors.

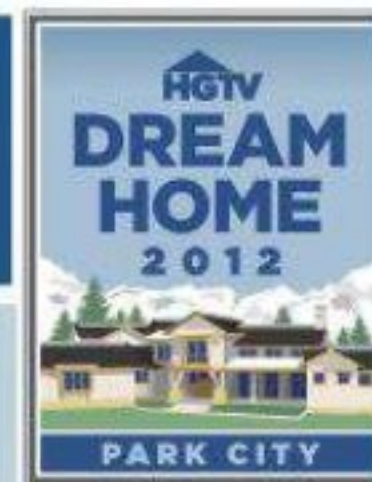
From there, it's another few steps to the **Hot Tub Deck**—which, brilliantly, leads right back to the **Changing Room** on the first floor of the home. "This room has a door to the deck so you don't have to go traipsing through the house soaking wet," says Woodrum. Whether you're coming in from a day of fly-fishing or a dip in the hot tub, the Changing Room has everything you need: wall hooks

for waders, a full bathroom, and even a sauna. Inside and out, the 2012 HGTV Dream Home is a retreat that echoes the magnificence of its surroundings. This is where luxury and American tradition meet to create a grand living space that offers every modern comfort. As incredible as this amazing three-bedroom, four-and-a-half bath home is right now, it will only get better as the seasons change and a new natural splendor reveals itself. "The snow in winter, the bright green meadow grass in the spring—every day is a glorious one in this HGTV Dream Home," says Thomasson.

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HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE



Three side effects of love

You'll enjoy these health benefits long after the giddiness, horniness, and mysterious weight loss have passed.

1 Healthier breasts The attention your guy pays to your pair could benefit you in more ways than one. Many women's breast lumps are initially noticed by partners, says Donnica Moore, M.D., author of *Women's Health for Life*, who also points out that early detection is key to beating breast cancer. Of course, your guy shouldn't be your only screener—be sure to check *yourself*, and talk to your doctor about clinical breast exams.

2 Thicker hair He may occasionally make you want to tear yours out, but happily coupled women have hair 2.3 times as thick as those who have lost a partner or gotten divorced, new research from Case Western University in Cleveland shows. The

difference is likely due to the added stress, researchers say. If you do notice some thinning, talk to your doctor about anxiety and other possible culprits like vitamin deficiencies or thyroid issues.

3 Better sleep This one is worth your weight in tennis bracelets: Women in strong marriages are 50 percent less likely to have difficulty falling or staying asleep compared with unhappily paired ladies, says a study from the University of Pittsburgh. Apparently, the sense of safety and security you get from a—key word—*happy* coupling allows you to rest easier. Sleeping alone? “For all women, a consistent bedtime routine can help,” says study author Wendy Troxel, Ph.D. —AMY LEVIN-EPSTEIN



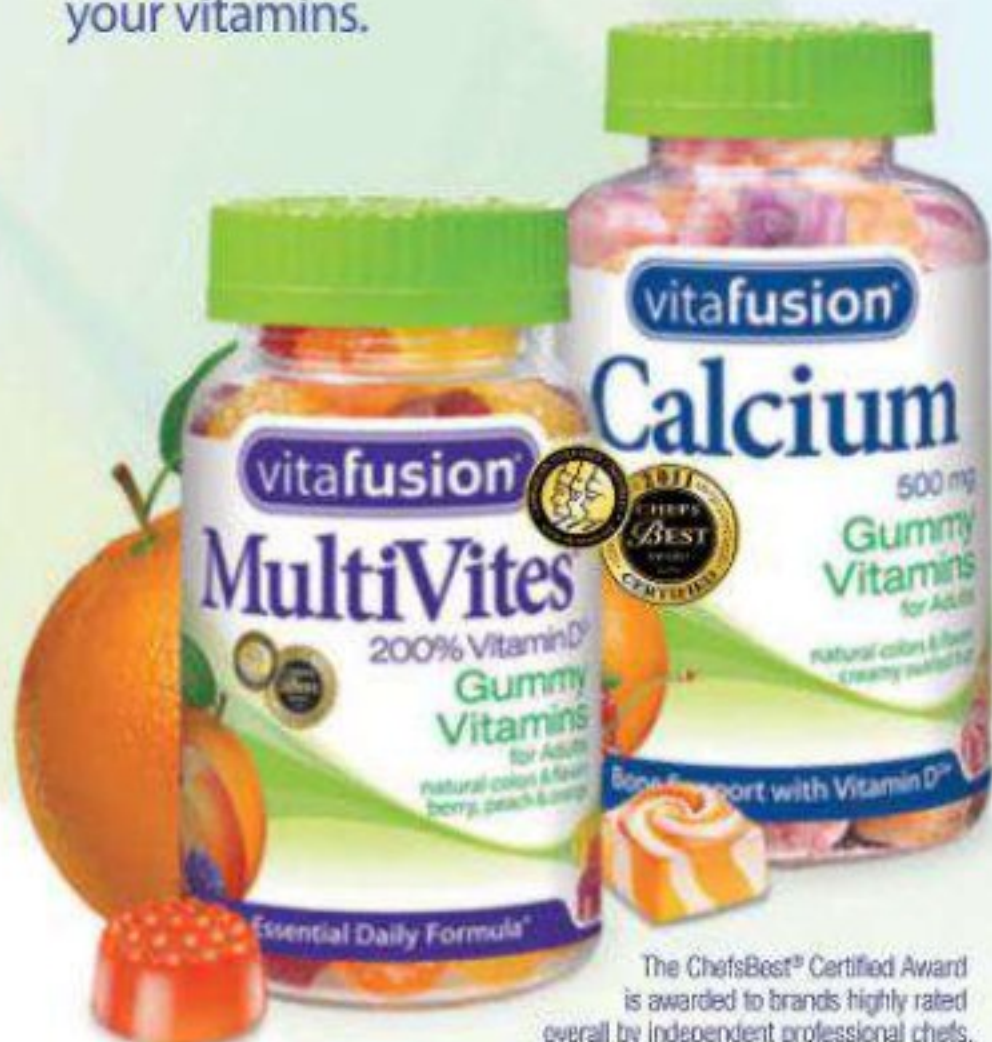
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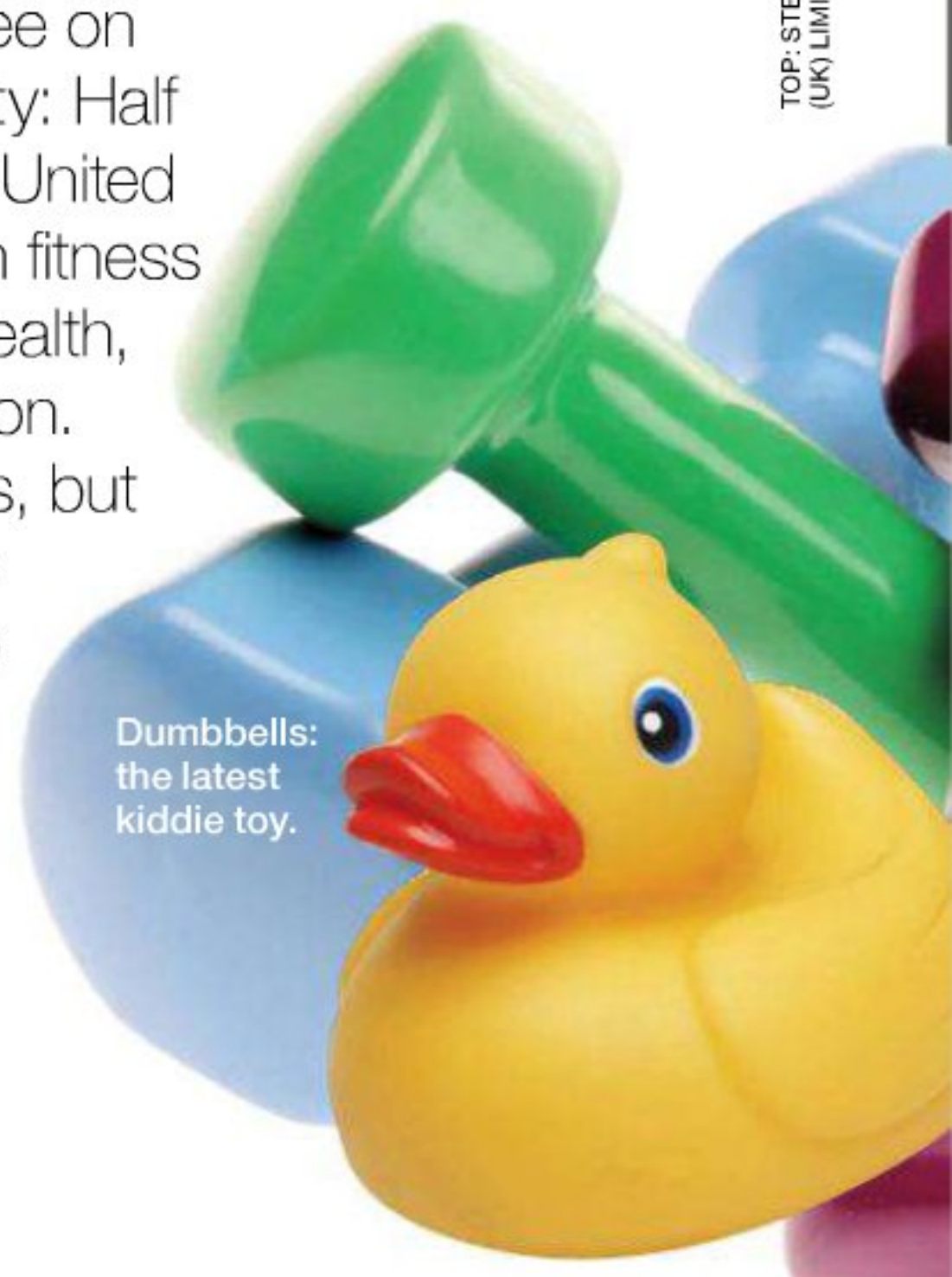
MAN MEDICINE

What's up with my husband's feet? They. Are. Disgusting. But is this something to worry about?

"Everyone has foot issues. Feet are functional, not pretty! They have more sweat glands per inch than any other body part, excreting 10 to 15 gallons of sweat per year. Trapping damp feet in shoes all day activates the bacteria naturally found on them and causes them to smell ripe. So if your husband's are stinky, encourage him to keep them dry by sprinkling cornstarch on them and in his shoes. He should wear cotton socks, not nylon, and never, ever put dirty socks back on. Other common issues: Itching, burning, and scaly skin between his toes could be a fungal infection like athlete's foot; small bumps on his soles may be warts that should be removed to prevent spreading. Don't let foot problems go untreated—they can become so painful that you can't put your shoes on." —JOHANNA YOUNER, A PODIATRIC SURGEON IN NEW YORK CITY

It's happening: personal trainers for kids

It sounds like something you'd see on the *Real Housewives of Ritzy City*: Half a million kids ages 6 to 17 in the United States work out one-on-one with fitness experts, says the International Health, Racquet & Sportsclub Association. Some are conditioning for sports, but others are being sent by parents to lose weight. A cheaper way to get kids moving: Netflix a kid-friendly fitness DVD, like Kari Anderson's *Shake* for younger kids, or Sabrina Bryan's *BYou2* for tweens. —KAREN ASP



TOP: STEPHANIE RAUSSEY/TRUNK ARCHIVE. WEIGHTS: MEDIA/ITZIMAGES (UK) LIMITED/ALAMY. DUCK: ANDREW BRET WALLIS/GETTY IMAGES.



3 WACKY HEALTH TRENDS TO SKIP

■ Chicken-pox lollipops

Some vaccine-wary parents are buying suckers licked by infected kids and giving them to their own children. Why? So they'll get chicken pox now instead of later in life, when it can be more dangerous.

Expert bottom line:

It's illegal, and unsafe, says Laurence Givner, M.D., a pediatric infectious disease specialist. Chicken pox can be serious, and the pops may well transmit other viruses too.

■ Anti-energy drinks

You may have noticed beverages like Drank and Unwind, which promise "extreme" relaxation, at your local convenience store. They contain melatonin, a supplement that's often used as a natural sleep aid.

Expert bottom line:

Based on the ingredients, "if these drinks have any effect, it's likely mild," says Joel Fuhrman, M.D., author of *Eat to Live*. Plus, unlike a melatonin pill, they pack calories.

■ Breast-milk foods

Breast milk does a baby good, and some foodies think adults should partake too. One New York City chef whipped it into cheese, and another in London sold it as ice cream (for \$22 a scoop!), until health authorities intervened.

Expert bottom line:

Besides the ick factor, viruses like HIV can be spread by unpasteurized breast milk. Anyone else suddenly feeling lactose intolerant?

—SARAH GROSSBART

ASK THE DOCTORS

Q High cholesterol runs in my family. Can diet really make a difference?

A Absolutely. For so long the conversation around cholesterol and heart disease centered on what you *couldn't* eat. But we're now focusing more and more on things you can and should eat. One recent study found that eating a combo of viscous fiber (the kind in oatmeal and beans), nuts, and soy helped people lower their levels of bad cholesterol by 14 percent in six months. So in the morning, ditch that doughnut or bagel and dig into a bowl of steel-cut oatmeal, which is packed with 4 grams of heart-healthy fiber per cup. And I'd definitely recommend eating more beans; they're a high-quality source of protein and fiber—plus they're so affordable. Try putting lentils in salads instead of croutons. To satisfy a mid-afternoon craving for something crunchy, I combine almonds, cashews, pistachios, and walnuts—and I abide by the handful measurement to make sure I don't overdo it on calories. Good for you for thinking about this now: Heart disease is the leading cause of death in both men and women, so it's crucial to pay close attention to your cholesterol. For many people, daily tweaks to your diet can make a difference, but you should also talk to your doctor about medication.



Travis Stork, M.D., is an ER doctor at Vanderbilt University Medical Center in Nashville and a cohost of *The Doctors*. Check your local listings for showtimes.

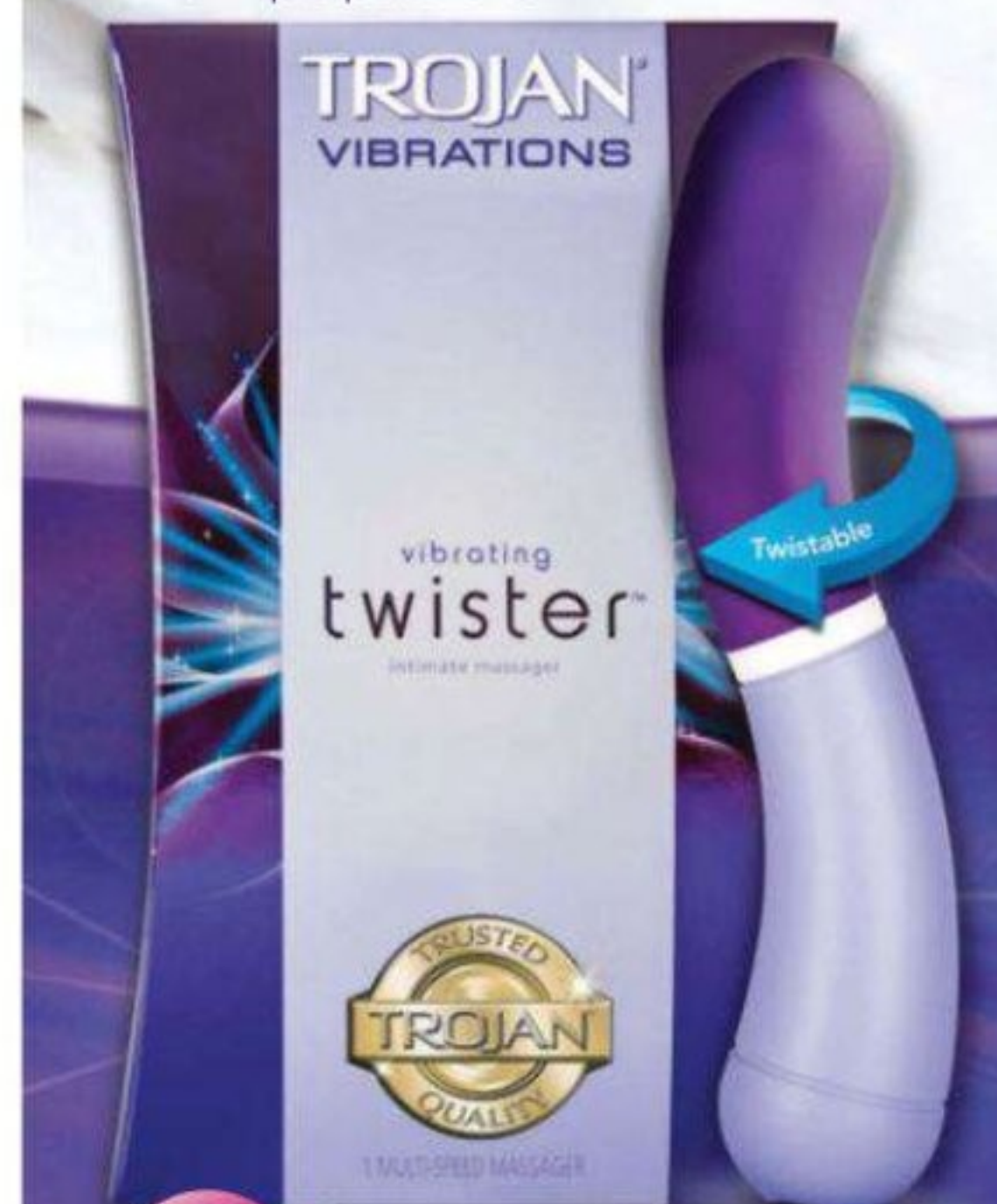
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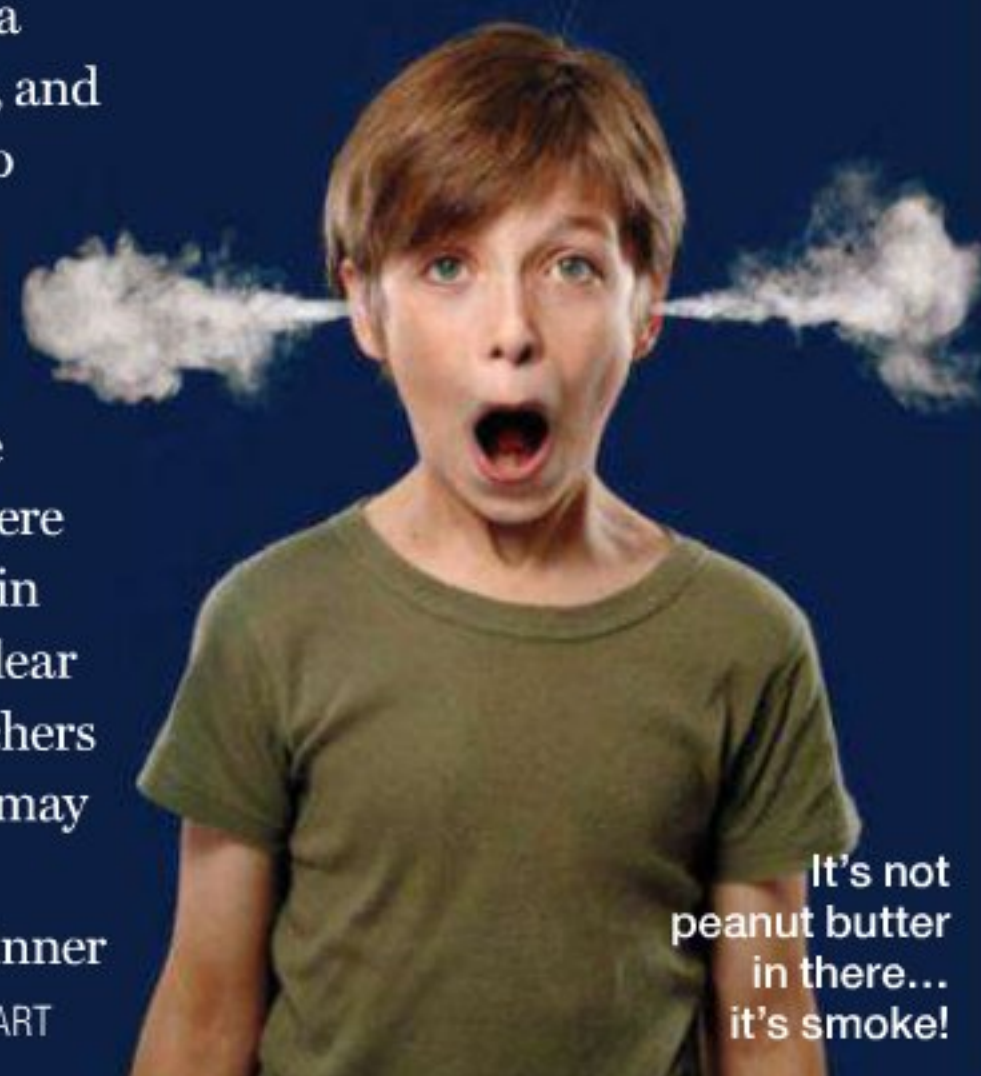
Several major health insurance companies, including Blue Cross Blue Shield, Aetna, and Cigna, now cover remote visits, and independent Web services like MyNowClinic.com and interactive md.com offer consultations for issues like allergies, sinus infections, or colds. (NowClinic visits take about 10 minutes and cost around \$45.) Serious or vague issues still require face time, but remote visits are fine for non-urgent, easy-to-diagnose conditions or follow-ups, says Mayo Clinic physician John Bachman, M.D. —TORI RODRIGUEZ



This doc's
waiting
area is your
bedroom!

MORE BAD NEWS ABOUT CIGARETTES AND KIDS

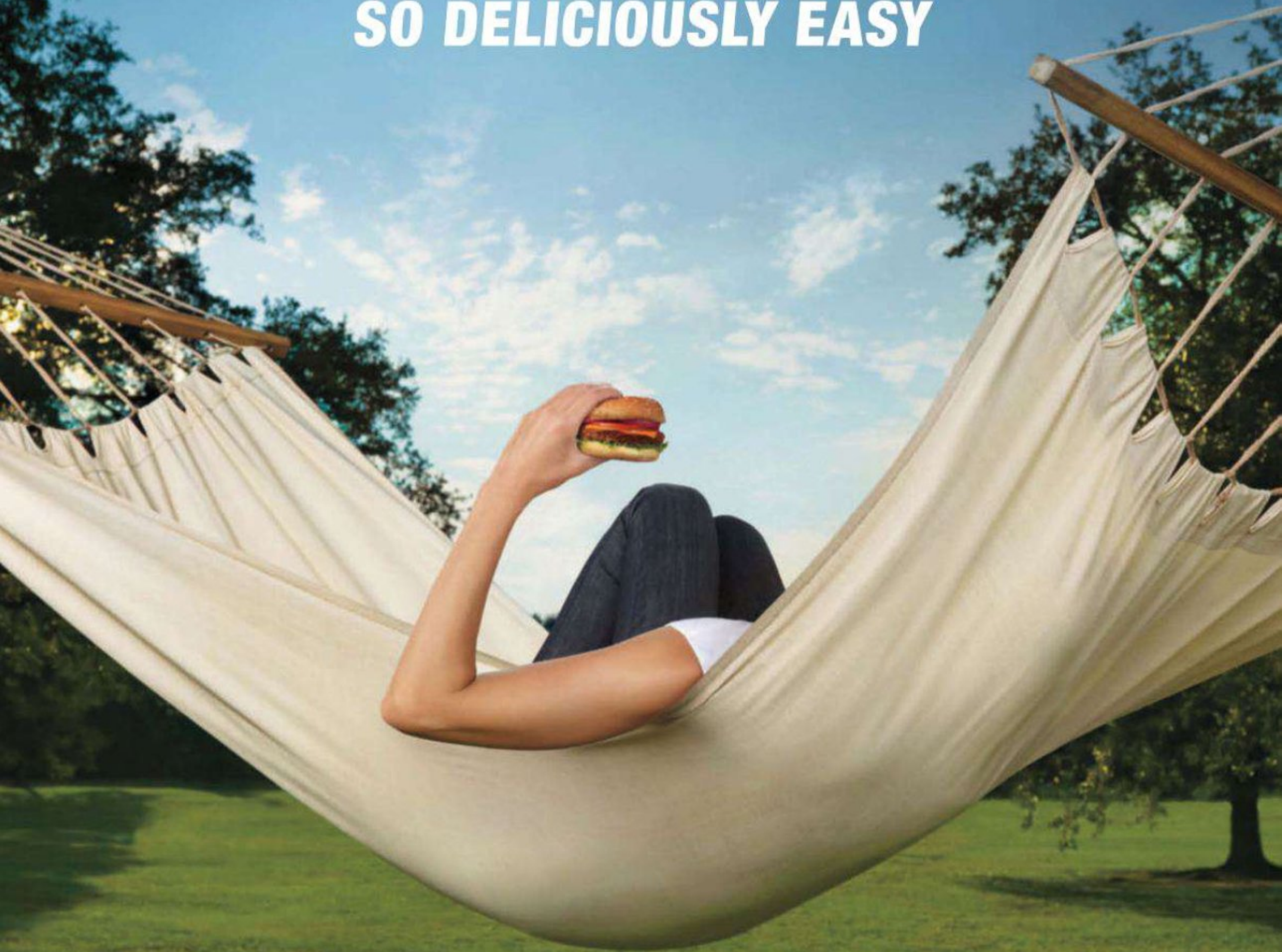
Secondhand smoke can do a number on children's lungs, and now studies show it can also cause hearing loss. Scientists at New York University found that teens who had high levels of a nicotine by-product in their blood were twice as likely to have certain hearing difficulties. It's unclear exactly how, but the researchers believe secondhand smoke may damage the cochlea, the spiral-shaped organ in the inner ear. —REBECCA FELSENTAL STEWART



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Every story has a bead™

Savannah Stevenson, 34

WEDDING-DAY WEIGHT: 145 LBS

CURRENT WEIGHT: 175 LBS

"We're women—we all want to turn heads. But we also want to feel good about ourselves. This isn't just about getting back into my wedding dress—it's a self-respect and pride issue."



You are cordially invited to...
***Fit back into
 your wedding dress!***

REDBOOK requests your participation in the
2012 Wedding Dress Challenge.

With our team, online tools, and advice, you'll
 be zipping up that gown by June!

CASUAL ATTIRE, SOON TO BE SEVERAL SIZES SMALLER.

There's a nasty version of the wedding march—*Here comes the bride, soon she'll be wide*—that rings true for many of us. Oftentimes, happiness puts the weight on. We blob blissfully on the couch with the hubster, and, of course, we have babies. But REDBOOK'S Wedding Dress Challenge can get you back to the sexy body you had as a bride! Sign on and here's what we'll give you:

● **A TANGIBLE GOAL** Experts say it's crucial for motivation. Does it matter if you actually manage to zip your wedding dress all the way? Of course not. The point is to use the gown—or any piece of smaller-size clothing—to spur you on and gauge your progress.

● **SUPPORT** Use the tips and tools at redbookmag.com/wdc to stay on track—and follow along with our blogger Aarti Sanan, who will be writing about her own journey to zip-up day. Plus, connect with thousands of other readers through our special Wedding Dress Challenge Facebook tab at facebook.com/redbook.

● **INSPIRATION** Every month from now through June, in the magazine and online, we'll bring you motivation, healthy eating guidelines, and workouts to help you—and the women and men you're about to meet—reach your best weight ever. Get started with us *now!*

continued on page 84 ➤



Alisa Laventure, 34

WEDDING-DAY WEIGHT:
121 LBS
CURRENT WEIGHT:
139 LBS

"I'm a stay-at-home mom, which I love, but sometimes I find it really hard to make time to eat right and exercise. My husband keeps suggesting I just go out and buy some new bigger-size clothes for my new bigger-size body, but I don't want to give in!"



Patricia Potts, 45

WEDDING-DAY WEIGHT:
134 LBS
CURRENT WEIGHT:
165 LBS

"We have a gym in our basement with an elliptical trainer, treadmill, workout DVDs, and weights. The only thing that's been missing from the gym is me."



ALISA: PANACHE CLEO JUDE SHORT PANTY, FROM AMAZON.COM. PATRICIA: CROSS DYE CHEMISE, FROM HANKYPANKY.COM.



Meet seven more of our Wedding Dress Challenge women—and see everyone's original wedding pictures!—at redbookmag.com/wdc.

Find more issues at magazinesdownload.com



They're a couple!

Brad Schulman, 34

WEDDING-DAY WEIGHT:
205 LBS
CURRENT WEIGHT:
230 LBS

"We gained weight together; now we're going to lose it together. I think of it this way: It's two against one—both of us against the extra pounds. So we have to win."



Shira Paletz Schulman, 36

WEDDING-DAY WEIGHT:
140 LBS
CURRENT WEIGHT:
155 LBS

"We both have trouble with portion control and making time to work out. But if diet and exercise is something we actually schedule into our marriage, this might even be fun."



Brooke McDonald, 41

WEDDING-DAY WEIGHT:
147 LBS
CURRENT WEIGHT:
170 LBS

"When I got married, I was competing in marathons and triathlons. But I haven't worked out since my son was born, seven months ago! Plus, I seem to be in the midst of a full-on sugar addiction. I really need to get my fire back, and make the time to take care of myself."



Win big!

We're determined to keep *you* determined. Like us on Facebook (at facebook.com/redbook) to access motivating freebies and exclusive giveaways each month, like gift cards to eat healthily at Applebee's with its under-550-calorie menu, and a chance to win a luxury trip for two to Mexico, courtesy of Hard Rock Hotel Riviera Maya. See page 178 for details.

RANDI'S WOW! MOMENT

"My birthday is coming up and I can't wait to WOW my family and friends with my new figure!"

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Are you ready for your WOW! moment?

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Follow the Slim-Fast plan and exercise daily. Losing more than 2 lbs per week is not recommended.
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For official rules, visit www.SlimFast.com



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Get ready for your WOW! moment with our best tasting shakes ever—part of the Slim-Fast 3-2-1 Plan™.

Slim-Fast!

Who has time to slim slowly?

SlimFast.com

Follow the Slim Fast plan and exercise daily.
Losing more than two pounds per week is not recommended.

Renew your healthy eating vows

There's no single right way to diet, so we encourage you to pick the plan that fits *your* life, whether that's a commercial program like Weight Watchers, counting calories, or just committing to the sane eating guidelines below. "When it comes to eating for weight loss, you can't afford to wing it," says New York City registered dietitian Stephanie Middleberg. "The pizza will almost always call to you louder than the salad. What's your game plan when it does?" These are some research-proven, basic rules from Middleberg that can help you drop up to two pounds a week.

- Eat three balanced meals and two small snacks a day. Find out how many total calories your body needs at redbookmag.com/wdc, or use this little cheat sheet: **Breakfast:** 300 calories + **Lunch:** 400 calories + **Afternoon snack:** 150 calories + **Dinner:** 500 calories + **Evening snack:** 150 calories.
- Swap refined carbohydrates like white bread and noodles for complex ones like brown rice, quinoa, beans, lentils, and whole-grain pasta and bread. Try to keep it to one to two servings ($\frac{1}{2}$ cup, cooked—or two slices, in the case of bread) a day.
- Sneak belly-filling fiber into your diet wherever you can—say, by sprinkling a few tablespoons of ground flaxseed over your yogurt, throwing some spinach into your pasta sauce, or topping your oatmeal with berries.
- Take it easy on sugar. If you must have a sweet, count it as one of your 150-calorie snacks.
 - Eat veggies at every lunch and dinner, and aim to have fruit twice a day.
 - Get some lean protein—such as eggs, chicken, turkey, tofu, or beans—at each meal to rev up your metabolism and keep you full.
- Keep a food journal for the first week, and any time you feel yourself slipping. You can use your notebook, the calendar on your iPhone, or sparkpeople.com (it's free). When you write down what you eat, you're less likely to snack mindlessly. Hi, broken cookie!
- Hit the grocery store to stock up on healthy foods. Go to redbookmag.com/wdc for meal ideas and recipes.

Guys can join the challenge too!



James Balducci, 35

WEDDING-DAY WEIGHT: 235 LBS

CURRENT WEIGHT: 254 LBS

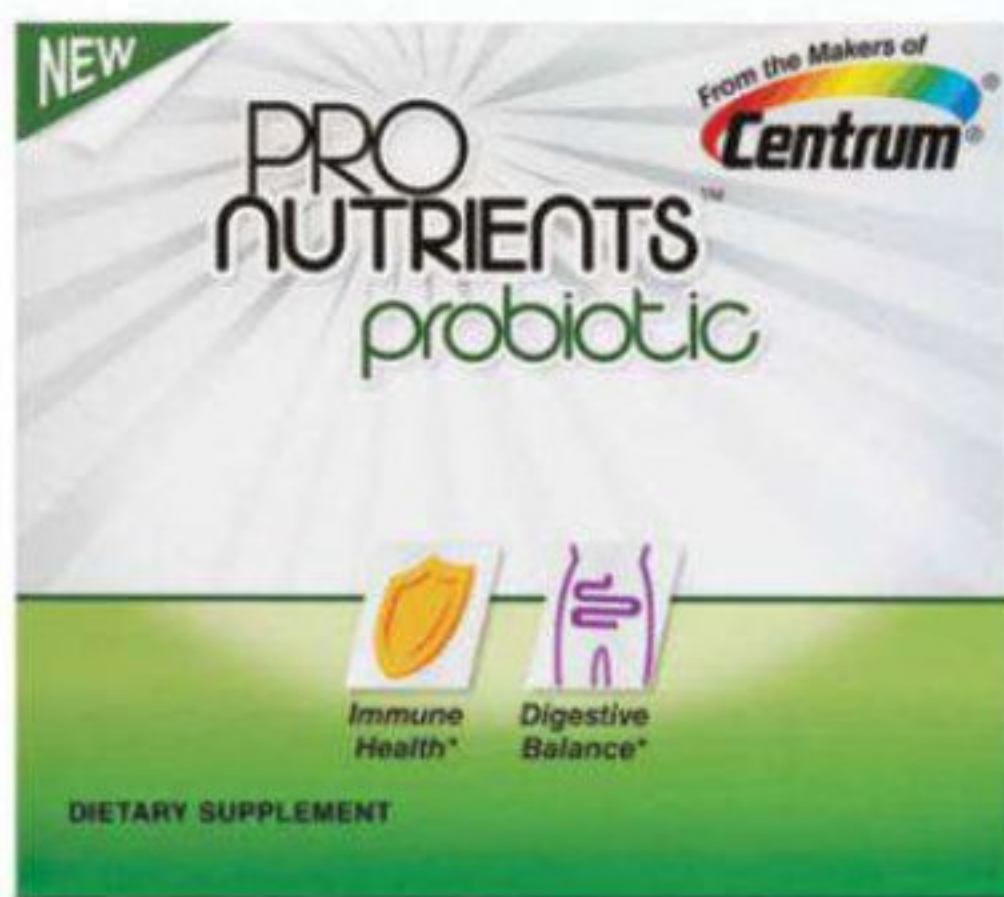
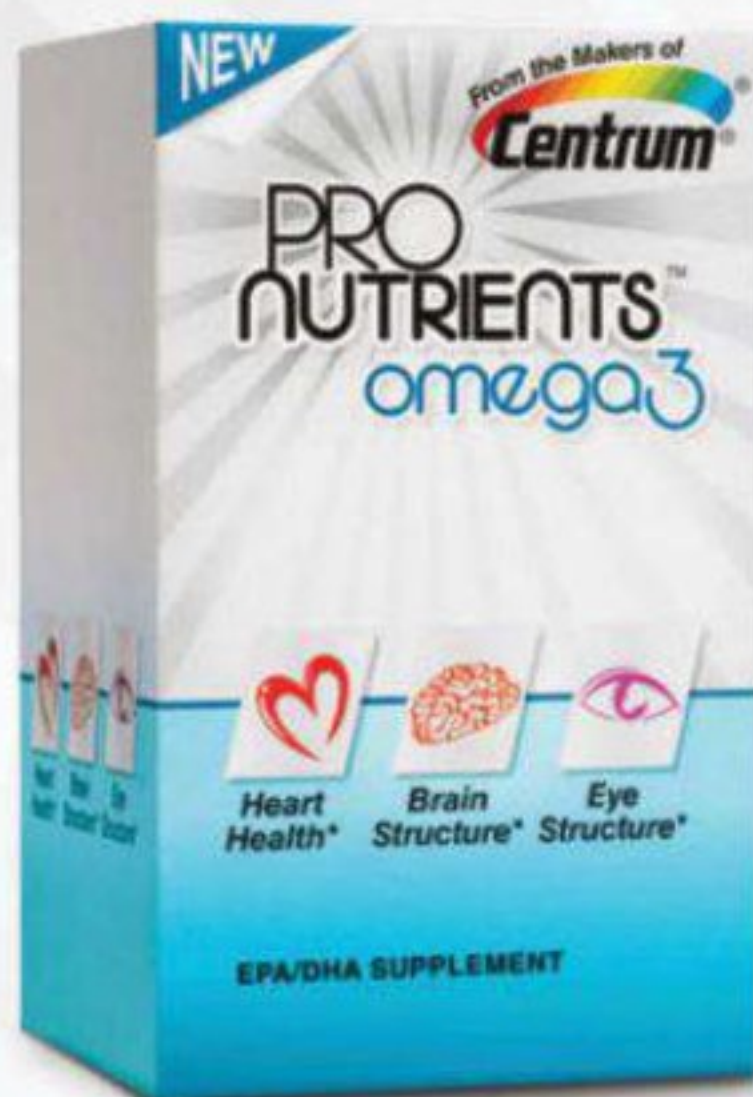
"My daughter is a huge reason why I am doing this challenge. Recently we were going through some old photos and she said, 'Daddy what are all those bumps on you?' I said, 'Honey, those are the muscles I used to have.' Her reply: 'Dad, you have to look like that again!'"

SHIRT: PERRY ELLIS, FROM OVERSTOCK.COM. TUXEDO: MANTONI RED LABELED MEN'S 2-BUTTON BLACK WOOL TUXEDO, FROM OVERSTOCK.COM. SHOES: STACY ADAMS, FROM ZAPPOS.COM.



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Your fitness plan

Exercise is key to helping you lose inches and firm up. If you're not exercising at all right now, start out easy with two to three 30-minute workout sessions a week. Otherwise, aim to get in four to five exercise days a week, for 45 minutes to an hour, says Ramona Braganza, trainer to stars like Kate Beckinsale and an ambassador for Gold's Gym. If you already have a DVD or gym routine you love, great! If not, get started right now (like, today) with this genius workout from Braganza. It's designed to help you slim down *fast* with her 3-2-1 method—3 cardio bursts, 2 circuits of strength training, and 1 ab move. Repeat the workout three times from start to finish; it'll take less than 20 minutes. All you'll need is a pair of 5-pound weights (liter water bottles will work in a pinch) and the timer on your cell phone.

Lisa Jones, 42

WEDDING-DAY WEIGHT:

145 LBS

CURRENT WEIGHT:

200 LBS

"This is not who I really am. I am not a person who gets tired going up and down my steps or keeping up with my 7-year-old playing soccer. The weight is literally weighing on me."

1 Start with cardio: Jog in place for one full minute.



2 Squat with front kick:

Stand with feet together and elbows at your sides, a weight in each hand, pulling abs in. Bring your right knee up, then extend the leg in a front kick, as shown. Lower leg and bend both knees to sit back into a squat; stand and kick with your left leg. Repeat for 30 seconds. Work up to one minute.



3 Alternating jab cross:

Stand with feet a bit wider than hip-width apart and knees slightly bent. Hold a weight in each hand at chest height with elbows bent, palms facing each other. Punch your right arm out, as shown. As you bring it back in, punch out with your left arm. Keep punching for 30 seconds. Work up to one minute.



4 Alternating lunge with press:

Stand with feet hip-width apart. Hold a weight in each hand, elbows bent, palms in, hands directly at shoulder height. Take a big step forward with your left foot and lower into a lunge as you press weights overhead and extend arms. Step your left foot back as you lower weights to your shoulders, and return to standing. Switch legs. Repeat alternate-side lunges for 30 seconds. Work up to one minute.

5 Cardio break: Begin by standing facing a sturdy staircase. Step up and down, taking two steps at a time, leading with the right leg. Repeat for 30 seconds, moving as quickly as you can. Then switch; lead with your left leg for 30 seconds. Work up to one minute.

6 Push-ups: Start on all fours with your hands slightly wider than shoulder-width apart, arms straight but not locked at the elbows. Extend your legs and come up onto your toes. Keeping your body in a straight line from head to heel, lower until your chest nearly touches the floor, then push back up. If this is too hard, drop your knees to the ground. Work up to 15 push-ups.

7 Reverse sprawl: Stand with feet hip-width apart, then bend your knees and drop your butt to the ground, using your hands for support. Quickly lie down, spreading legs apart and arms wide, then immediately return to start by bending your knees, rolling your torso up, and pushing to standing using your arms. Repeat as fast as you can for 30 seconds. Work up to one minute.



8 Star jump: Start in a low squat position, with feet hip-width apart and your butt almost touching the floor. Then jump up explosively, thrusting your hands and legs out to the side in the shape of a star, as shown. Repeat for 30 seconds. Work up to one minute.

9 Cardio break: Get in push-up position, with hands under your shoulders and feet together. Bend your right knee and draw it in toward your chest. As you push it back out, quickly bring in your left knee. Repeat for 30 seconds. Work up to one minute.



10 Ab move: Hold your body in a plank for 30 seconds. This should look like the starting position of a push-up, with arms straight and in line with your shoulders, legs extended behind you.

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Describe your relationship with your private parts: close friends or acquaintances? Ob/gyn Hilda Hutcherson wants to make you BFFs.

Hilda Hutcherson, M.D., is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

Q *Is it normal to bleed a little after sex? It worries me.*

A Spotting after intercourse isn't normal, but it also isn't cause to freak out. Often the issue is something as benign as vaginal dryness; if you also notice burning or discomfort during sex, using a water-based lubricant can be an easy fix. However, the bleeding could be a sign of an infection, fibroids, or uterine polyps (an overgrowth of tissue in the lining of the cervix or uterus), or a less common but more serious problem, such as endometriosis or cervical cancer. See your ob/gyn for an exam ASAP to rule them out and put your mind at ease.

CASE HISTORY

HER HUSBAND EJACULATED BACKWARD!

I had a patient who feared that her husband did not enjoy having sex with her because there were no signs of ejaculation when they'd have sex, though he always claimed to orgasm (and he *sounded* like he did). She was convinced he was somehow faking it, and kept putting more and more pressure on herself to provide a mind-blowing—and semen-producing—experience. What she didn't realize was that a guy can climax without any release of fluid. Eventually, her husband went to see his urologist,

who diagnosed him with retrograde ejaculation, a condition in which semen travels backward into the bladder instead of out through the penis. Causes can include certain medications, an abdominal or pelvic surgery, or a medical problem like diabetes. Also called “dry orgasm,” this syndrome isn't problematic in itself, but it can be an issue if you're trying to have a baby. If that's the case, men can be treated with drugs that tighten the neck of the bladder, allowing semen to—goooooal!—move through the penis.



Wait! Don't scrub-a-dub everywhere.

Q *I bought some sexy scented shower gels. Is it okay to use them to wash down there?*

A You might think body wash is fine to use all over your body, but surprisingly, it's not. I confess: I've used scented soaps or gels down below in a pinch, especially at hotels. Even if they're organic or natural, though, scented shower gels are typically too harsh for the delicate tissue of your vagina. The fragrances can cause allergic reactions and irritation; some also contain cleansing agents that may be super-drying. You also increase your risk of a yeast or urinary tract infection, since chemicals in these products can upset the balance of healthy bacteria. So stock up on hypoallergenic cleansing bars like Dove or Neutrogena to use in the shower. If you want the rest of your bod to smell like kiwi, fine—just keep the scented products away from your womanly parts.

FROM LEFT: COURTESY OF SUBJECT, MARILI FORASTIERI/GETTY IMAGES.

AND SUDDENLY, HE LOVES VALENTINE'S DAY.



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with 15 or more
headache days a month,
maybe you can really be there, maybe you can't.**



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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

REDBOOK'S 13TH ANNUAL CONTEST:

The hottest husbands in America!

More than 2,000 hubbies were entered into our contest by their wives this year—then 18,000 of you voted on the winners. Your favorites had stories as amazing as their pictures. Our annual tribute to men and marriage has never been more inspiring.

ALL IMAGES COURTESY OF SUBJECTS.



Our hot husband winner!

He's a dedicated dad, and he plans a fab surprise vow renewal.

COURTESY OF SUBJECT (4).

Everyone loves a bad boy turned good...

Nate Miller, 37

Hometown: Ankeny, IA

Occupation: Contractor

Family: Married 13 years to Denise; father to Caden, 7, and Sophia, 5

Don't let those sweet blue eyes fool you: Nate Miller has a wild side. "I was a bad boy in college, always partying, drinking, and fighting," he says. And—sing it, Johnny Cash—all he needed was the love of a good woman to set him straight. "As soon as I met Denise, my grades went up, I stopped causing so much

trouble, and she took me to church. She gets 100 percent of the credit for making me a better person." We're not surprised; she was smart enough to know that her guy had what it takes to win this contest, and net the two of them a free trip to St. Croix!

The Nate improvement project took about two years, after which he proposed. "I never deserved someone like her, and I felt like if I was lucky enough that she wanted to be with me, I needed to make sure she'd stay," he says. Nate does note that Denise weathered an early patch of not seeing much of him: "In the first few years of our marriage, I was working two jobs trying to get my contracting business off the ground. I would get home from my day job at 6 p.m., eat dinner, then work on houses until 3 a.m. Denise was always supportive, and it felt so good that she had my back." Luckily, he excels at showing his appreciation. For the couple's fifth

anniversary, he bought Denise her dream car—a '66 Mustang—and for their 13th, he surprised her with a vow-renewal ceremony in the middle of a camping trip. "We walked to the top of a hill and he asked, 'Will you marry me again?'" Denise says. "I turned around and there was our pastor, family, and all of our closest friends. He even had a silk tie for him and our son, and a bouquet for me and our daughter."

Nate keeps the sweetness coming even when there isn't a crowd gathered to watch. "He'll sneak out of bed on Saturday mornings and make breakfast for the kids while I sleep," says Denise. "And once a week, he brings me home a skinny caramel macchiato from Starbucks. He says he feels silly ordering it, but he does it anyway!" He doesn't only show his love via caffeine and sleep (although, guys, that's *totally* acceptable currency around here)—he's also a hands-on dad to 7-year-old Caden and 5-year-old Sophia. "He does everything with them," says Denise. "He'll wrestle on the floor, coach their teams, and do bath and story time."

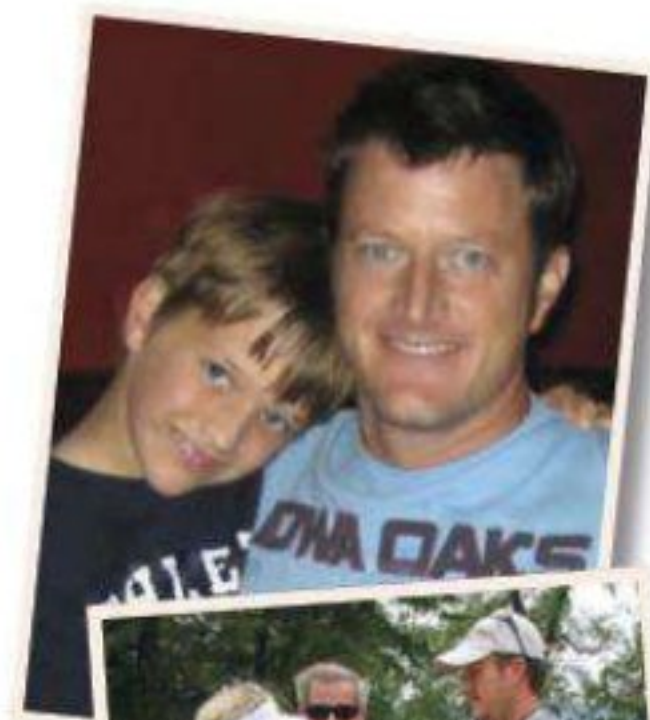
Nate's domesticated life is a far cry from his hell-raising days, but he wouldn't have it any other way.

"I've always considered myself a tough guy—

I used to get rowdy, my clothes are always dirty, and I've got callused hands. But nowadays, being a good husband and father makes me more of a man than any of that other stuff."

Fun fact

"If I can't get my kids out of bed in the morning, I beat-box to them... in my underwear."



Nice gene pool: From top, Nate with Sophia; with Caden; the whole family at their 2011 vow renewal.



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Ryan Seacrest

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This was a tough decision! Check out the runners-up...



A sweetheart—and a survivor

Jim Romano, 34

Hometown: West Palm Beach, FL

Occupation: Video producer

Family: Married 10 years to Kristie; father to Angelina, 6

When you had your daughter, Angelina, you became a stay-at-home dad. What's that like? Being a dad is the greatest thing that's ever happened to me. Kristie wasn't ready to send Angelina to day care and was considering quitting her job to stay home. I told her she'd worked too hard to do that, so I did it instead.

What's the craziest thing you and Angelina have done together? One

Fun fact
"The sport I'm best at? Wiffle ball. Seriously, I love it!"

night, we were strolling around Downtown Disney and saw a fountain. We ran in, fully clothed, and got soaked. It was a blast!

You've had serious health troubles. Can you tell us about

that? I have polycystic kidney disease, and I received a transplant from my best friend in September. It was such a difficult time—and even more so because it's stressful to know that someone you love is risking their life to save yours. Kristie understood, and she was our family's rock. She arranged three fund-raisers, and even got tested to see if she could donate *her* kidney.

What's the least hot thing about you? My feet. They look like giant gorilla hands—and it's *not* pretty.



A half century of sexy!

Donovan Facey, 51

Hometown: Thornton, CO

Occupation: Network architect for IBM

Family: Married 3 years to Bonnie; father to Danielle, 21; stepfather to Ashley, 25, Stephanie, 25, Ryan, 24, and Chris, 22

You and Bonnie met online, and then had your first face-to-face meeting on a beach in Jamaica.

What was *that* like? When I saw her for the first time, I was a goner. She was the most beautiful woman I'd ever seen.

Did you know she was *The One* right away? I did. We lived a thousand miles apart, and four months

after we met I drove the 16 hours from Denver to Spokane, WA, in a snowstorm, to move her to Colorado. I said, "I can't be without you; I'm coming to get you."

How did you propose? Bonnie loves to shop, and her favorite store is Macy's. I asked her mom to bring her there, and had customer service announce over the intercom that she should report to the top of the escalator, where I was waiting with a ring. She was nervous that she was in trouble with the store!

What drives Bonnie craziest about you? I have terrible road rage. It's *not* a good quality.

So what do you think makes a husband hot? Letting his wife know that she comes first. A good husband knows how to make his wife feel like she's the only woman in the world.

Fun fact
"My favorite show is *House Hunters International*."



New category alert: Hot Farmer Husband

Jason Gruenfelder, 26

Hometown: Blanchardville, WI

Occupation: Dairy farmer

Family: Married 2 years to Kris; their first baby is due in March

Your wife told us that your work on the farm leaves you with an impressive appetite! I milk the cows at 4:30 a.m. and get home around 7 p.m.—so I'm always hungry. I used to eat an entire frozen pizza before Kris and I went on a date, and then have a full dinner with her.

What's the hottest thing about Kris? Her ears stick out, and I think it's cute. One day in high school—before I really knew her—she walked by and I quoted the movie *Joe Dirt* to a friend: "She is so fine. One day, I'm gonna marry that girl." Eight years later, I actually did.

Your first child is due next month. What are you most looking forward to about being a dad? Seeing what a great mom Kris is going to be. I want a ton of kids, and I've gotten her saying, "Sure, we can have a bunch—they can do all my chores on the farm!"

Do you have any hidden talents? I'm great at making breakfast. I'll make chocolate-chip pancakes, eggs, waffles, and a ton of bacon. Then I get to finish whatever Kris can't eat. Someday I'll probably end up 350 pounds, and I'll frame this magazine article and say, "I was decent-looking once, at least!"

Fun fact
"I eat vanilla ice cream with every meal—even breakfast."

Additional hotness ahead! ➔

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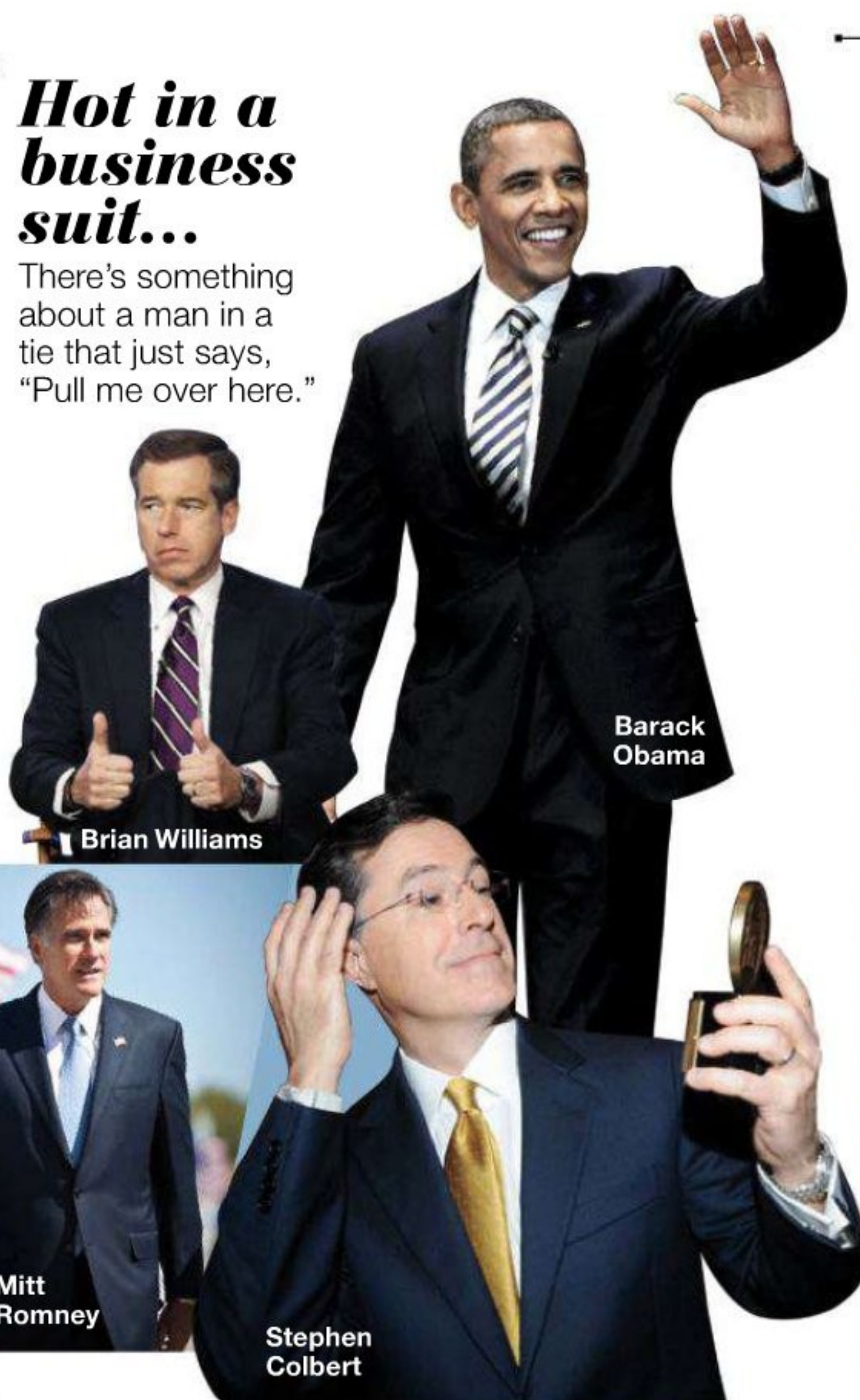
Visit K-YDATENIGHT.COM for details and **\$5 coupon**.

*Available only on specially marked packages of K-Y[®] Brand products. While supplies last.

Even more man candy!

Hot in a business suit...

There's something about a man in a tie that just says, "Pull me over here."



Barack Obama

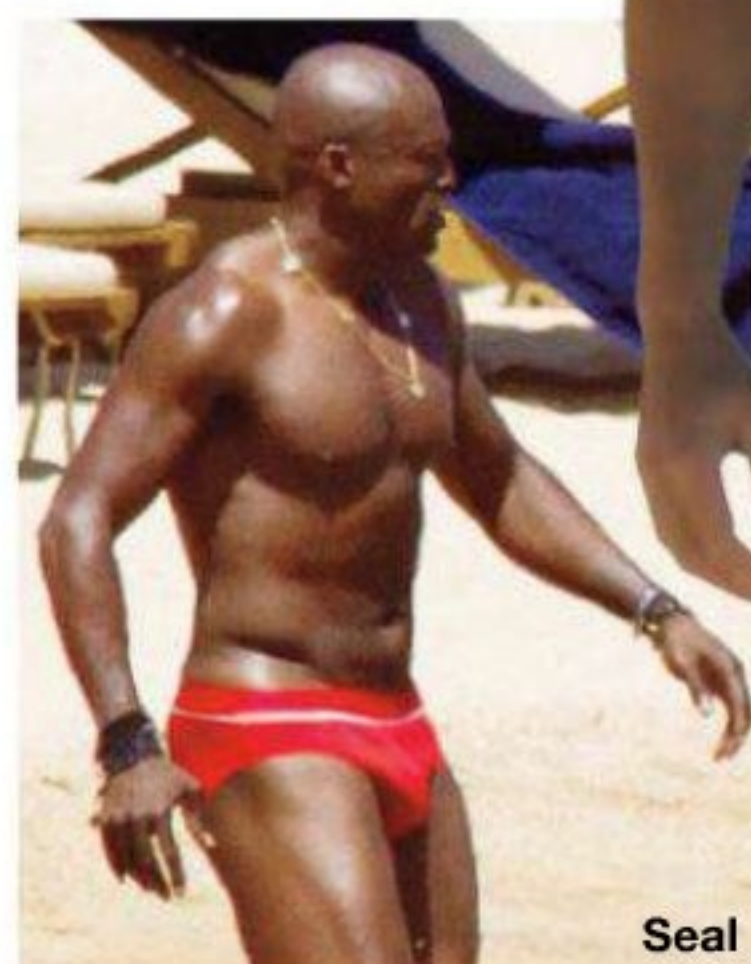
Brian Williams

Mitt Romney

Stephen Colbert

...hot in a bathing suit

Why, yes, we'd be happy to rub more sunblock on your back... or front.



Seal



Hugh Jackman



David Beckham



Daniel Craig

WILLIAMS: OBAMA, ROMNEY: GETTY IMAGES. COLBERT: NY DAILY NEWS/GETTY IMAGES. SEAL, BECKHAM: FAME PICTURES. JACKMAN: KCSPPRESS/SPLASH NEWS. CRAIG: BBH PICTURES/SPLASH NEWS. AMAZING HUSBANDS: COURTESY OF SUBJECTS.

These 4 hot husbands are simply amazing

When life tested their vows of "for better or for worse," these guys rose courageously to the challenge.

Chaz Allen

An Infantry Squad Leader in the Army, Chaz, 32, lost both of his legs above the knee when he stepped on an IED in Afghanistan in January 2011. But it didn't break him. "He took his first steps on March 21, and hand-biked the Army Ten Miler in less than an hour in October," says his wife, Jessica. "Nothing slows him down. Now he's closer to our two daughters than ever. He's my hero."



Michael Oliver

Michael, 36, had been married to his wife, Nancy, for two years when she was diagnosed with breast cancer. "He was there for every treatment," says Nancy. "He rubbed my head when the chemo headaches were too much, and reminded me that we only get stronger during the hard times." Now in remission, Nancy knows she's in safe hands: "He'll do anything for me."



Ryan Ronne

Ryan, 34, met Jessica online after both of their first spouses died of brain cancer. "It was love at first email," says Jessica. They married within the year, and the couple now has seven kids between them. "Ryan loves them all equally. I have a special-needs son who he sings a song to every night," she says. And he's helping Jessica get her master's degree: "He's my rock in so many ways!"



Philip Gambrell Sr.

After a decade of marriage to Philip, 32, Chrisy Gambrell had a stroke, leaving her husband to care for her and their two kids on his own. "He helped me relearn to walk, washed my hair, and carried me upstairs when I couldn't make it," Chrisy says. Now she's in nursing school—something her doctors told her she couldn't take on. "If Philip says I can do it, I know I can."



Heh, heh, heh, hot.

Everyone knows that the easiest way to get a woman into bed is to make her laugh.

Jason Bateman
Every smarmy-but-lovable role works him deeper into our hearts.

Paul Rudd
He's the goofy kid your mom said would make a great husband some day—but cuter.

Chris Rock
Yes, he just said that. And we love every outrageous inch of him.

Husbands who were hot until...

...their bad behavior made the drool dry right up in our mouths. Seriously, guys: Sahara.

Ashton Kutcher
Could it be that he had more hookups than Twitter followers?

Prince Albert of Monaco
The once-dashing prince now just seems skeezy, after all those cheating rumors.

Kris Humphries
Ah, Mr. Clueless himself. And come on: Who're you calling fat?

Arnold Schwarzenegger
His love child's mother worked and lived with his family? *Ick.* And *ack.*

And the hottest oldster is...

Bill Howard, 81

For the 61 years Ann and Bill Howard have been married, he's brought her coffee and a honey bun (a honey bun!) in bed every morning. "On special days," Ann says, "he puts a flower on the tray, along with a note telling me how much he loves me. He's always had me on a pedestal, and let me tell you, it's been a wonderful life." Go to redbookmag.com/goldenhotusbands to meet three more inspiring, long-married husbands.



Hot reality-show husbands

These guys are *really* why we tune in. Now, more screen time, please!

Lamar Odom
He never has a bad word to say about Khloé's family insanity. Wow.

Apollo Nida
He's made *The Real Housewives of Atlanta* must-stare TV.

Michael Kors
We hope his new-marriage glow doesn't soften his *Project Runway* takedowns.

Mauricio Umansky
He could sell us a house in Beverly Hills... if he comes with it!

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...not to cringe when you "hit" the high notes in your car-ride Adele sing-along.

...to finally admit that your cooking is not the cause of my little flatulence issue.

...to realize that any appreciation for my vacuuming the house two weeks ago ran out 10 days ago.

...that I will learn the names of at least three of your work friends, instead of interrupting every story to ask, "Is she the crier or the mouth breather?"

♥ DEAREST HUSBAND, I PROMISE...

...not to automatically count you in when I score an amazing Groupon deal on flower-arranging classes.

...that once a month, I will stay awake till the end of movie night.

...not to show anyone that picture of our daughter painting your toenails.

...to come to your rescue the second you get cornered by my uncle and his stories of Cialis gone wrong.

...never to bleach my upper lip in your presence, if you never again ask me to shave your back.



He-man? Ha! says Mark Wahlberg

He cries at kids' movies, makes time for Barbies, and never misses date night. My, how the hard-bodied playboy has grown up.

MARK AT A GLANCE

Playtime fave:



BARBIE

"I'm game for playing dolls with the girls. If they want to play Barbies, I'll do it!"

Meet-cute spot:



ST. PATRICK'S CATHEDRAL

"My first date with Rhea was in 2001. We went to Mass at St. Patrick's."

Organization he loves:



BOYS & GIRLS CLUBS
OF AMERICA

"They became a home to me, and helped me when no one else was there."

In your new film *Contraband*, you play an ex-smuggler who re-enters a life of crime in order to save his family. Could you relate?

I like to do projects I feel some connection to. My character is forced into circumstances where he has to do the right thing for his family. For me, family always comes first; I would do *anything* to protect them. And even though I turned my life around, my friends and I are very much involved with the everyday hustles and struggles of the real world.

But you've come a long way from the Marky Mark days. You're now an award-winning actor and producer, devoted dad and husband.

[Laughs] I wasn't exactly the man I am today. Growing up, I think I was arrested 20-odd times by the Boston police. The good news is that I've been able to use those experiences in a lot of my roles, and that has been a blessing.

You have such a tough-guy reputation. What makes you go mushy?

I'm the father of two boys and two girls, so I'm more an emotional wreck than a mushball.

So becoming a dad has helped you get in touch with your feelings?

Let's put it this way, I watched *The Help* with my wife [Rhea], and I cried seven or eight times during the movie. And Rhea made fun of me.

Do you two have date night?

Of course! Every Thursday. We'll leave the house in the late afternoon and go to an early movie or just hang out somewhere. Then we'll go to dinner and catch up. But even when we go out, we like to get home to put the kids to bed.

What was the last great movie you saw with your kids that you loved?

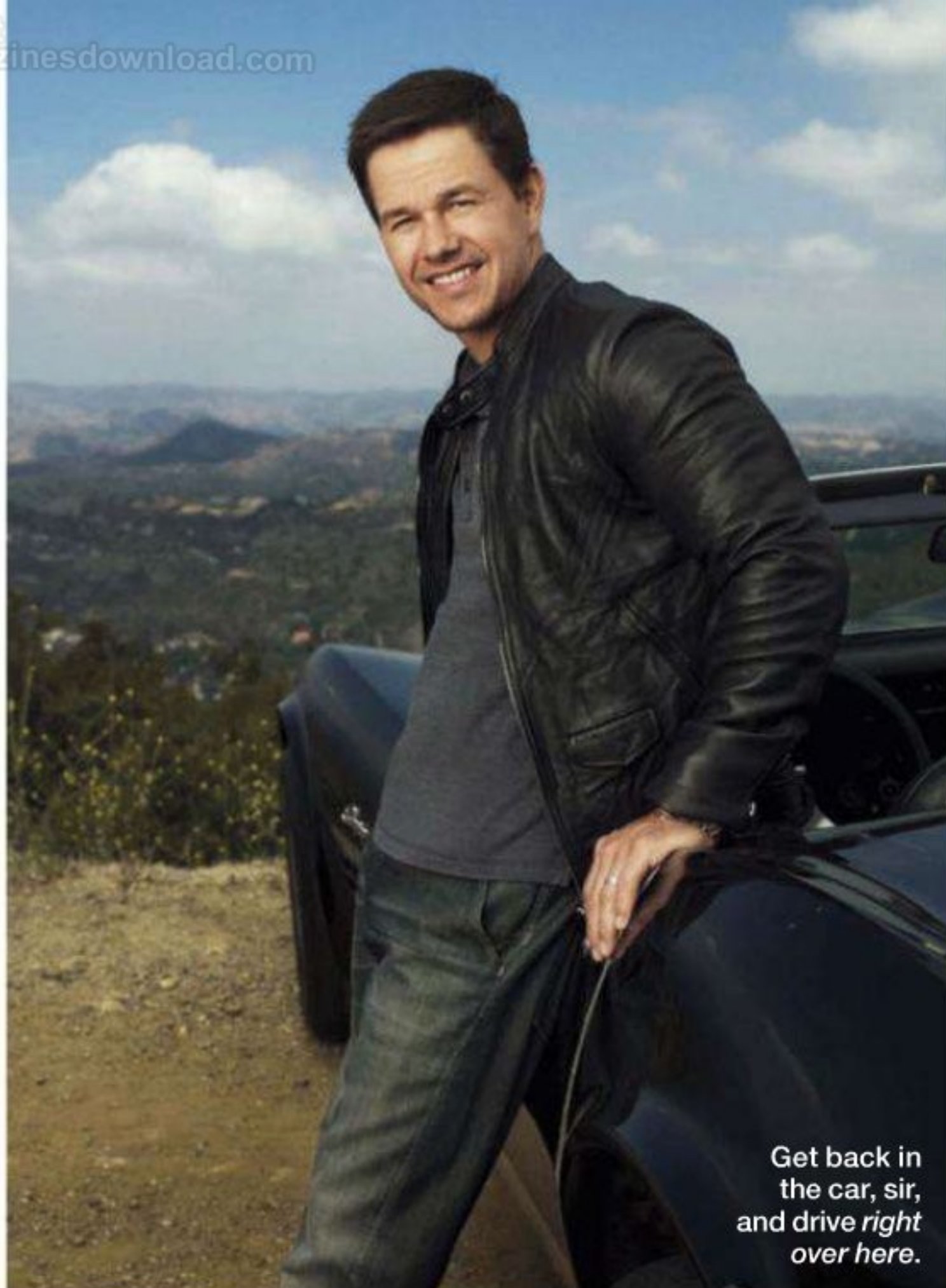
Tangled. I was bawling my eyes out, because it's about a girl who gets taken away from her parents. Any movies where kids are taken from their parents just tear me up.

Do you play differently with your girls than you do with your boys?

My boys drive dirt bikes and wrestle with me. I don't let my girls out of the house!

Don't you want your girls to be tough too?

They are! They are very strong, smart, and independent. Having two daughters changed my perspective on a lot of things, and I definitely have a newfound respect for women. And I think I finally became a good and real man when I had a daughter. Women don't get the credit they deserve. I was at my daughter's ballet class and I was on the phone making a business call and watching her on the monitor, and I realized how hard it is to work and be there for your kids. As far as I'm concerned, there's no job more important on the planet than being a mom. —LORI BERGER



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Karen Karbo shows you how.



Advice guru Karen Karbo is a mom, a teacher, and the author of the new book *How Georgia Became O'Keeffe*.

I think her son is autistic

My good friend's 4-year-old son has major speech delays, terrible tantrums, and bizarre behavior that includes frequent rocking from side to side. I've suggested she talk to her pediatrician about autism, but she totally dismisses it. I know something's off. What should I do? —N.G., 32, ARIZONA

Unless you're an autism specialist, you really can't say for certain what's going on with this child, so don't force the issue. No mother wants to hear a bad word against her kid. Once, a parent suggested that my daughter was uncoordinated, and I almost took her down right there at the PTA meeting. But I also know how frustrated you must feel: Why can't your friend see what's right in front of her nose? Well, she can and she can't. Whatever's going on with her son surely hasn't escaped her notice. For all you know, she might be losing sleep over it, staying up late Googling his symptoms, and eating too much ice cream instead of making an appointment with a doctor. And even if she does nothing, the pediatrician should pick up on these issues at the boy's next checkup. So rest assured, she'll have to face up to this soon enough. In the meantime, when you and your friend talk, be open to anything she might want to share about her son; she could give you a chance to voice your concern (but that doesn't mean shoving autism pamphlets in her face!). This is her child, and she needs to come to her own realizations. Just be there to offer judgment-free support when she does.

He never compliments me

My boyfriend of three years no longer gives me compliments, sends quick texts, or even flashes me winks. When I remind him of how much this stuff would mean to me, he says, "I don't need compliments," implying that I shouldn't either. Is it so wrong to crave a little praise from the one person I thought adored me? —J.D., 39, IOWA

Of course not! And by the way, you look lovely today. Here's the deal: Most men are gung ho to make their women happy. It's why they'll spend hours moving furniture when we decide to redecorate the living room (for the eighth time). What I want to know, then, is why your guy is being stingy with the compliments. He showered you with them in the early days, so we know he has it in him. I consulted my own Man of the House about your dilemma, and he said that perhaps you need to connect the dots for your boyfriend, and remind him that there's something in it for him, too. Repeat after me: "Compliments make me feel good. When I feel good, guess what I'm in the mood for?" Say it often, say it funny, but keep saying it. If he doesn't come around, it may be that it's taken you this long to realize you're with an emotional miser. Can you live with that?

The office singer drives me nuts

I work in a small, cramped office with only six people. I don't mind that; what I object to is one gal who is always singing. No one else seems to care, and I don't want to come off as a total grump, but isn't that unprofessional?

—J.C., 60, CALIFORNIA

Singing? Like, along with the radio, or just randomly breaking into "You Give Love a Bad Name"? I can't say whether her behavior is inappropriate—one office's lack of professionalism is another office's free-spirited creative vibe—but if it's affecting your work, it's got to stop. The next time Julie Andrews starts up, take her aside and say that her habit makes it hard for you to focus. Then add that you just can't help but listen to her since she's *so* good. While you'd much rather hear her belt out those tunes than do the weekly report, alas, the work needs to get done. Everybody's a winner this way: You don't look like a grouch, and her secret dreams of being a finalist on *America's Got Talent* remain intact.

Do you need life advice?

Send questions about perplexing friends, family, mates, colleagues, and anyone else to karenkarbo@redbookmag.com, and include your initials, age, and state. Letters may be edited for clarity and length.

TARA DONNE

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"My third-kid obsession"

At some point, every mom asks herself, *Am I really done having babies?* Naria Halliwell agonized over the decision for years—then freed herself to follow her heart.

There are a few things veteran mothers never tell you before you become a mother yourself. 1) Milk comes out of both of your boobs when you nurse, not just the one your baby is attached to. 2) Packing lunch for your first-grader at 9 p.m. when all you want to do is watch *Grey's Anatomy* will occasionally bring you to tears. 3) Just because you think you're done having babies doesn't really mean you are.

I always planned on having two children. I can even remember the first time I daydreamed about it with my husband, Peter. It was 1993, my freshman year of college. We had been dating for several months when he took me away for the weekend to Block Island, a quaint New England island full of beautiful bluffs and charming, ramshackle inns. As we were driving to the ferry, I gazed starry-eyed at him and imagined our pretend kids sitting quietly and perfectly in the backseat of the beat-up red Isuzu Trooper we were driving. (This was a fantasy, remember?)

Fast-forward 11 years: After laboring all 24 hours of my 29th birthday, I gave birth to a beautiful little girl named Talia, who, for the record, has never sat perfectly in the backseat. Her little sister followed two years and nine months later, and I was done. *Done*. Several months after Sofie was born, my mom's cousin came to see the new baby and casually asked, "So, when are you going to have your third?" Through my postpartum haze, I shot arrows at her with my eyes. Couldn't she see that a 30-pound-overweight,

weepy version of myself with a wailing babe at my breast was not something I was planning to repeat?

Yet just hearing the question made me begin to wonder. Could I, should I, do this again? I was 99 percent sure the answer was no. The problem is, I'm a type A person. I like things organized, whether it's my kitchen or my emotional state, and that one percent of doubt kept me on edge. I knew I wouldn't do anything about it immediately—Sofie was just a baby—but the idea flitted around in the back of my mind: quiet, but never gone.

As Sofie reached her toddler years, the notion became harder to push aside. If anyone asked, my answer was still a defiant "no." But I remember feeling panicked and a little jealous when my friend Stephanie announced she was pregnant with her third. Then we went on vacation to a tiny island in the Caribbean. At the end of one beautiful, golden day, Peter and I walked down the beach, our 4½-year-old skipping through the waves with our almost-2-year-old toddling behind her. The sun reflected off their hair and skin, and they were so happy it made me want to burst, and something inside me broke, or opened, or changed, I don't know. I turned to my husband and said, "Are we really done? Are we never going to have a toddler running down the beach at sunset again?" Peter smiled and grabbed my hand. I could tell he was surprised by my question, but open to it. And with that, what had been a seed of a thought grew into a full-blown obsession.

I spent over a year dissecting every pro and con. The

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Naria, Peter, and their trio of girls.



pros were easy: a baby! Another beautiful, delicious-smelling, drooling, yummy baby. I thought before I had kids that I loved newborns, and I do love them, but what I *really* love is an 8-month-old. A smiling, laughing, sitting-up-and-playing-but-not-yet-crawling-or-walking-so-you-don't-have-to-worry-about-them-eating-a-Polly Pocket baby. The idea of never nursing again, never holding a baby so full of milk she can't keep her eyes open, killed me.

The cons were more complicated. There was the obvious stuff: the misery of pregnancy, the sleep deprivation, the toll on my body, the diapers, baby food, and potty-training. And then, of course, the expense: college, times three! Money was the main reason my friend Julia* decided not to have a third. Right after her two children were born, she and her husband started an education fund for each, but the thought of trying to save for one more felt impossible. How would they even swing a vacation? "Now we can barely afford airfare for four of us, and

we can all squeeze into one hotel room," she says. "With another kid, it'd be a whole different ball game."

On top of those factors, I was working three days a week as a network TV news producer, and my life was like a house of cards: If one thing slipped (a sick kid or a babysitter issue), it all fell apart. I kept thinking of the time I was supposed to shoot a story in Ohio and Sofie got a 103-degree fever—in the midst of the swine-flu craze. I somehow got the last flight out and made it for the interview, but it was close, and extremely stressful. How would another baby fit into this fragile infrastructure?

Above all, it was the scary *what-if's* that kept me up at night. What if the baby isn't healthy? I had this irrational fear that I was pushing my luck.

Any moment when my brain wasn't fully occupied by work, life, and the two children I already had, that's what was running through it. When my kids were behaving, I'd fantasize about Sofie gently pushing a third baby in a swing, or Talia reading the baby a book. If I was having a rough day, the idea of a third made me wince. It was easier to lean toward no. It was the safer choice. But it also broke my heart.

Ultimately, my husband decided for us. One night, after we'd discussed it for the millionth time and I'd laid out my case against number three like a Power-Pointing CEO, Peter said, "I'm scared you'll regret not having another baby. All of your reasons make

sense now, but in 10 years they won't. And I don't want you to live with that regret for the rest of our lives." He was right. I started to cry, hugged him, and thanked him for knowing me so well.

At the end of 2010, three days before Christmas, I gave birth to our third daughter. And of course, now that she's here, I can't imagine not having her. Sasha is an incredibly easy baby, much easier than her sisters. Where they would wail from 5 to 11 p.m. no matter how much bouncing, shushing, nursing, and swaddling you did, Sasha sits quietly in her bouncy chair all through her sisters' evening routine. And because I know she's my last, I'm much more relaxed. That's not to say I haven't had my moments—three is a ton of work, and I have lost it a few times. The other day, I warned my friend Sara to rethink having a third. I didn't mean it, really... I just needed to vent. Not that I could've swayed her either way: The decision to have another baby or not, I've learned, isn't always rational.

Early last year, I was at an event for a very well-known female member of Congress, and when she saw my 7-week-old daughter in my arms, she made a beeline for me. I thought she was just doing the politician-baby thing, but the minute I mentioned she was my third, this DC powerhouse asked, "Is it hard with three? How do you balance it with the other two? How old are they? I really want another one, but my husband thinks I'm crazy."

Another mom I know so desperately wanted a third that she made a deal with her husband. "Having three was my destiny," says Rebecca. "But I didn't want our third to be an 'accident'—wink, wink." After much discussion, he agreed to start trying. Then one night, mid-attempt, Rebecca noticed that he seemed off, and stopped to ask what was on his mind. He told her he didn't want to deal with diapers, baths, and nighttime feedings. He didn't want to feel guilty working out or going out with friends. Then and there (in bed!), Rebecca's husband drew up a contract stating his conditions for having a third. Rebecca signed the paper. And nine months later, their third son was born. Both parties have stuck to the agreement, and everyone's doing great. In fact, Rebecca told me recently, "The third's a charm. My husband is so happy, he's ready to go for number four!" Gulp. **R**

The idea of never nursing again, never holding a baby so full of milk she can't keep her eyes open, killed me.



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STUFF MY KIDS TAUGHT ME



The no-gossip diet

Giving up snarky dishing is like cutting out carbs—you know it'll be better in the long run, but boy does it suck. Here's why Sarah Kennedy is sticking it out.

Halfway through a loud bout of shared laughter with Janey, a mom friend, I caught the sad stare of my 8-year-old son over her shoulder. He was passing through the kitchen as Janey and I, deep in conversation at the table, got to the bit where X—a new mother at school—turned up at our class parent cocktail mixer in an evening dress. With a plunging neckline and killer heels, X had horribly misjudged the casual vibe of the school regulars.

"Why are you laughing at Dan's mom?" my boy asked. "I thought she was your friend." Guilt is such a pure feeling. *Ping!* It stings before the clever part of your brain can get an excuse out. I had tried to make Dan's mom feel welcome at our school, I swear: I'd invited her to join me for coffee and teamed up with her at the book fair. And my comment wasn't meant to be cruel—just catty female bonding. Yet here I was, laughing at her, something my son's brain had connected with unpleasantness. To him, I was being nasty. End of story.

After Janey left, I explained to my son that I wasn't trying to be mean, and I promised that I would think more carefully about how I discussed others in the future. He shrugged me off with a simple "Okay, Mom," leaving me to stew. Gossip had always been my social currency, a way to kick back and score a few popularity points, and I cheerfully accepted that I was probably the subject of

similar chatter. But when I sat down and thought about the kinds of conversations I have with friends I truly love, I realized that they involved no spilling of another's secrets or backstabbing "jokes." Real hard-earned closeness doesn't require bonding through trashing.

A few days later, I canceled lunch with a former work colleague who has always been a mistress of the gossipy arts. It was a relief. Hours after our last (particularly nasty) session, my car broke down, both of my kids were up vomiting all night, and I sprained my ankle badly the next morning. It sounds crazy even to me, but I never could shake the creepy feeling that our sniping had brought me bad luck. It had taken my son to reveal what I knew deep down about gossiping, and remembering that episode of cosmic payback gave me the push I needed to ditch it for good.

I admit that it's hard not to slip up. Just recently, a long-term single friend of mine confessed that she had signed up for online dating, and swore me to secrecy. Out for a glass of wine with a mutual pal, the temptation to tell was almost overwhelming—but I swallowed my juicy info with a healthy gulp of merlot. I'm sure some of my acquaintances have written me off as un-fun after a few non-dishing social occasions. Whatever. My conscience—and my karma—is clear. **R**

*Sarah Kennedy's book **Steal Her Style: Top 25 Vintage Looks** will be published in May.*



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Jaime Pressly, interviewed by her son, Dezi, 4



The Emmy-winning sitcom star talks to her little guy about playing the mother of a terrible teen on TV and a damsel in distress at home.

Dezi: Mommy, you said we don't ever use the word *hate*, so how come your show is called *I Hate My Teenage Daughter*?

Jaime: You're right, we don't ever use it because it's not a nice word. I don't hate Kristi, who plays my daughter on the show. It's more like she drives me crazy—just like you and your friends sometimes drive your parents crazy, but we always love you no matter what.

Dezi: I know that. My favorite book is *Go Away, Big Green Monster!* What's yours, Mommy?

Jaime: Mine is *The Little Engine That Could*, because I love when he says—

Dezi: "I think I can, I think I can, I think I can...."
What's our favorite game to play?

Jaime: These days we do a lot of arts and crafts together, and build a lot of Legos and play in the sandbox. And now that you've realized I'm a girl and you're a boy, you like it when I play the princess and you try to save me.

Dezi: Mommy, remember when I visited you at work and I brought you a little Charlie Brown?

Jaime: Well, he was from *Charlie Brown*. You know his name. He kind of looks like you.

Dezi: Linus! And I also brought you three balloons.

Jaime: Do you remember what you said to me when you gave me the balloons?

Dezi: I said, "Congratulations on your show, Mommy!" I'm going to be on TV like my mom.

Jaime: Whaaaaat?

—ADAPTED BY LORI BERGER

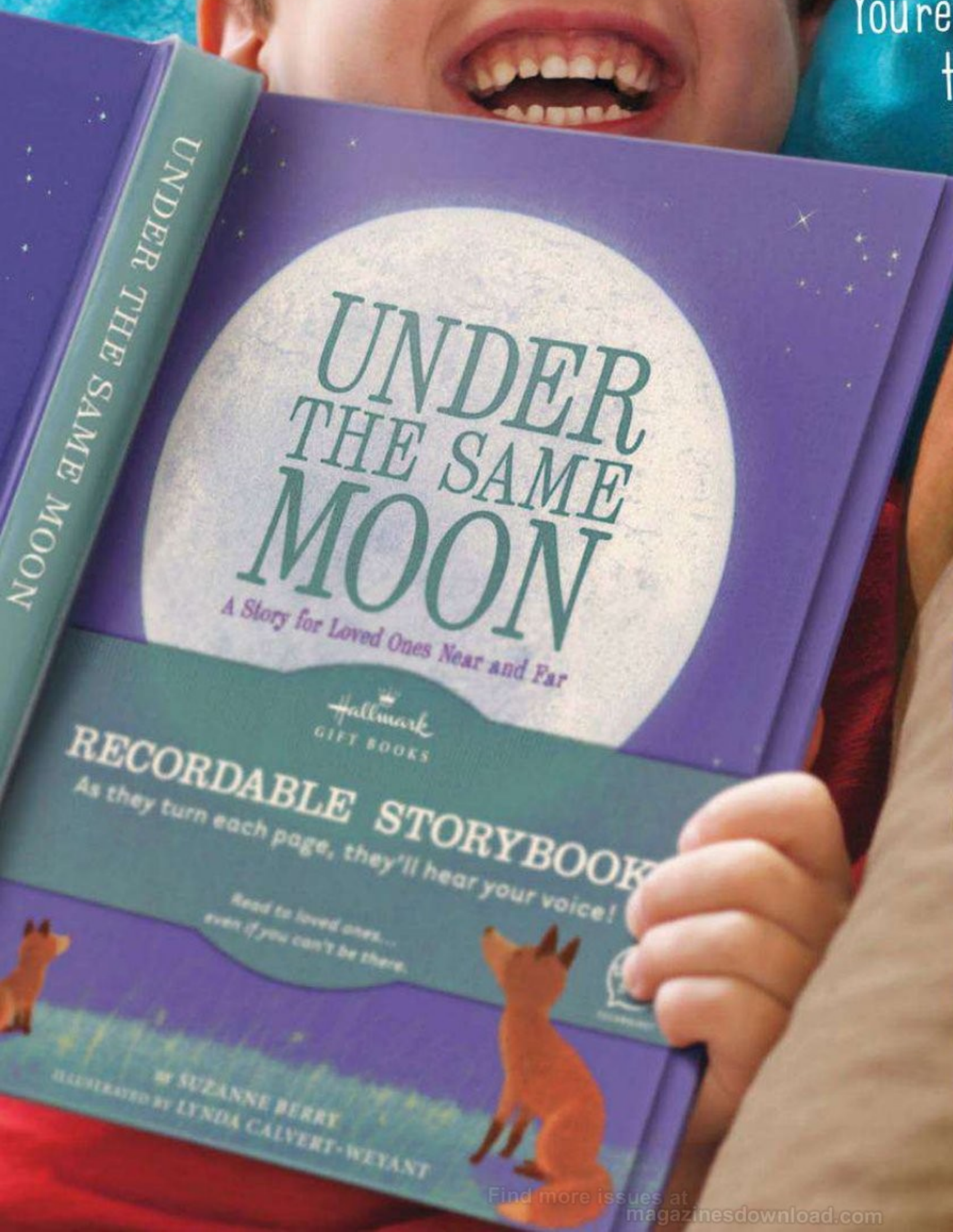


Pressly named her son, whose father is Cuban-American, after the costar of *I Love Lucy*.

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TIME, JOB & MONEY TIPS YOU NEED NOW

● **Get in sync.** Instead of shouting reminders while you're both getting ready, link up your schedules with Google Calendar. "The app coordinates and instantly updates your days," says Amy Spencer, author of *Bright Side Up: 100 Ways to Be Happier Right Now*. Say you book an after-work haircut; he'll automatically see that he needs to cover soccer pick-up. Create one for your carpool gang and your older kids to keep everyone sane—and nobody stranded.

● **Make cozy plans for later.** Morning is actually the perfect time to buy movie tickets online or grab a dinner rez. (Try sites like savored.com or dinetonite.com, where you can book a table *and* get a discount.) In a few clicks, you'll both have something to look forward to all day.

● **Spoil yourself—and him.** A recent study published in the *Journal of Personality and Social Psychology* found a link between tasting something sweet and acting nice. So go ahead, indulge in the dessert-style breakfasts on page 176 (they're not even bad for you!). And always, *always* kiss good-bye: It's a quick, easy way to lower stress levels and feel bonded. —PERRI O. BLUMBERG

IT'S 8 A.M.

Time to love
your mornings
with him

Make \$\$\$\$ off your stuff

The gigantic coffeemaker you break out just for parties. The tent that sees nature once a summer. Get hardly-used items to earn their keep with new sites that help you rent out just about anything. BY MELODY WARNICK



Cash you don't have to work for: Sounds good.

SITE	HOW IT WORKS	SUCCESS STORY	COST	RECENT POSTS
 Rentalic.com	You post an item you want to rent out; when borrowers pick it up, they pay you through a code you enter online. The rental fee, plus an optional security deposit, goes straight to your bank account via PayPal, so no cash is exchanged.	"I have a juicer that was collecting dust, so I posted it and a woman rented it for her kid's birthday party," says Mona Tawakali, 30, of Walnut Creek, CA. "I got it back in great condition, and that \$10 goes to my shoe fund!"	Five percent of your asking price	A NordicTrack Mini Stepper exercise machine for \$10/month; a Vitamix blender for \$8/day; a jogging stroller for \$5/day
 Zaarly.com	This site is request-only, so browse to see if someone near you needs an item you own and how much they're willing to pay to borrow it.	"I panicked when my projector died on a business trip," says Stephanie Reaume, 27, of Seattle. "I asked for it on Zaarly, and a woman in the area rented me hers for \$100. It was a lifesaver!"	Ten percent of your asking price	A set of golf clubs for \$15/day; an air mattress for \$50/month; an iPad 2 for \$40/day
 SnapGoods.com	Use this tech-centric online community to loan out your gadgets. If an item comes back damaged, SnapGoods will repair or replace it at no charge to you.	"I desperately needed a waffle iron for a party, but no one I knew had one," says Emily Cavalier of Brooklyn, NY. "A friend suggested SnapGoods. I thought it was a crazy idea, but as luck would have it, I found a guy renting one for \$10."	Nothing: Borrowers pay a 7 to 10 percent fee	An Amazon Kindle 2 for \$5/day; an electric guitar for \$35/day; a Canon SLR camera for \$29/day



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

FIVE-MINUTE MONEY MANAGER

Heat your home for less

Our resident money genius explains how a few home projects can majorly slash your heating bill.

- **Audit your house.** The average family spends at least \$2,000 on energy costs annually—but wastes over \$200 on heat and cooling because of poor insulation. An energy audit will show you how much money is slipping out of the windows, as well as other money sucks to avoid, like leaving electronics and chargers plugged in all the time. Ask your utility company if they'll set you up with an auditor for free. If not, find one at resnet.us—it'll cost between \$300 to \$500 but could save you \$650 a year.
- **Keep heat in.** Some repairs suggested in an audit are easy to do yourself with inexpensive materials you can find at the hardware store, such as spray foam, caulk, and weather stripping for sealing leaky windows and cracks. Use the how-to guide at energystar.gov to get started.
- **Go green, get paid.** Many tax credits for eco-friendly home improvements expired in 2011, but depending on your family's income, you may still be able to score financial assistance for energy-saving switches through the Department of Energy. See if you qualify at eere.energy.gov/wip.

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Financial infidelity

You'd be surprised just how many people lie, cheat, and basically steal from their spouses. Learn how to protect *your* relationship (and your wallet). By Blake Miller



Denise* was keeping a lot of secrets from

her husband: deleting voicemails, sneaking things into the house, intercepting mail. After 13 months, the stress from all of her cloak-and-dagger dealings became so intense that the 38-year-old mom came down with shingles (a disease that usually strikes the old and frail). Denise wasn't having a torrid affair—she was hiding tens of thousands of dollars in debt from her congenitally frugal husband. When balances on her four credit cards became alarming, she had her bills sent to her parents' house. "I live in fear every day that he'll find out. I truly worry that he'd leave me if he knew," she says. So Denise recently cashed out \$20,000 from her 401(k), also without his knowledge, to pay everything off.

Experts have a name for Denise's maneuvering: financial infidelity. And they say it can prove as damaging to

Whatcha hidin'? Thirty-one percent of men and women have kept their spouses in the dark about purchases and debt.

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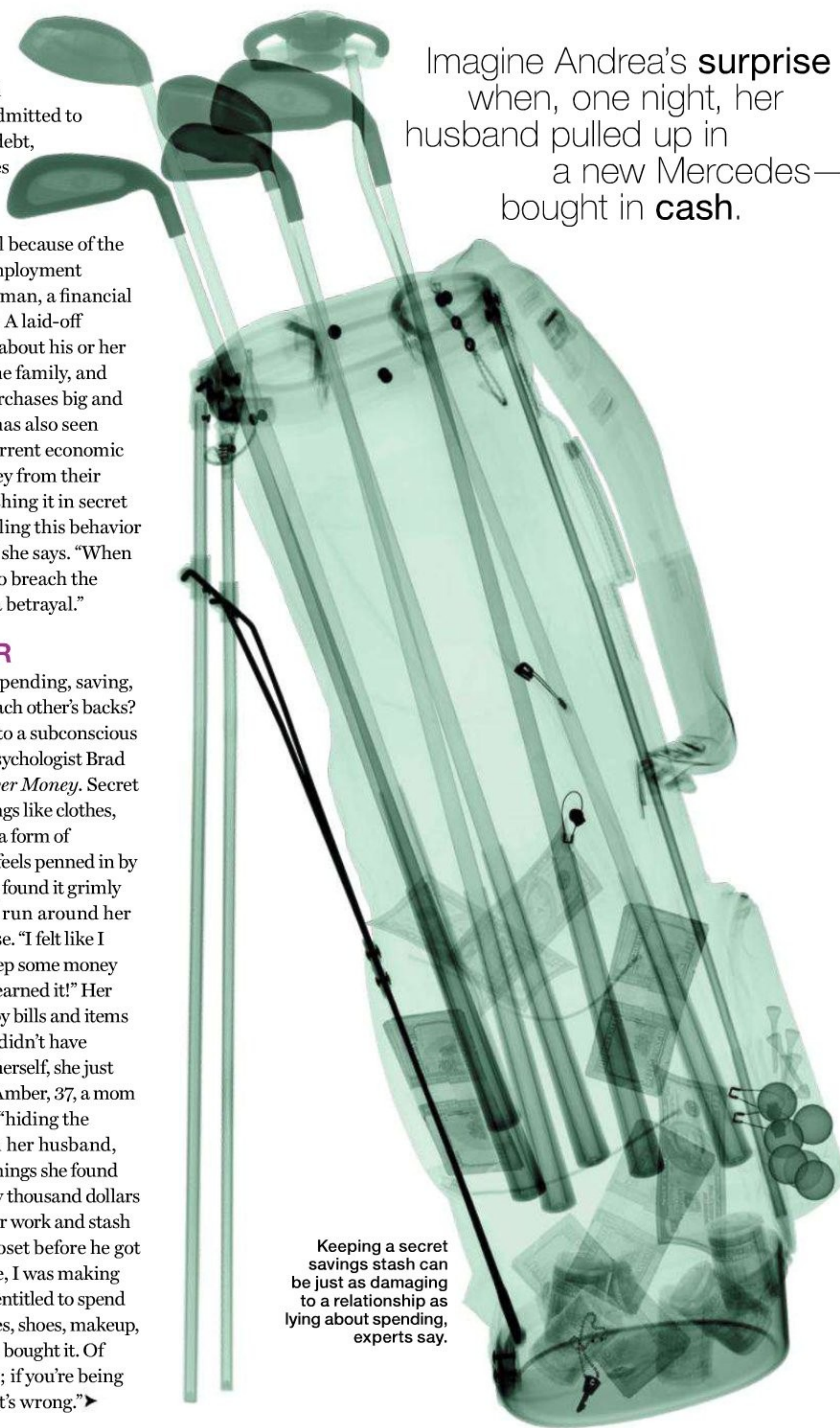
a relationship as adultery. In 2010, a survey by the National Endowment for Financial Education found that 31 percent of people admitted to hiding information about debt, purchases, or bank balances from their spouses. And financial infidelity is harder than ever to conceal because of the recession and the shaky employment market, says Amanda Clayman, a financial therapist in New York City. A laid-off partner may feel ashamed about his or her inability to contribute to the family, and that “can lead to hiding purchases big and small,” she says. Clayman has also seen spouses, spooked by the current economic instability, tuck away money from their more spendy partners, stashing it in secret accounts. “I don’t think calling this behavior *infidelity* is overstating it,” she says. “When someone does something to breach the trust in a relationship, it’s a betrayal.”

MONEY IS POWER

Why are so many couples spending, saving, and making deals behind each other’s backs? Sometimes it comes down to a subconscious power play, says financial psychologist Brad Klontz, author of *Mind Over Money*. Secret shopping for “frivolous” things like clothes, shoes, or electronics can be a form of rebellion for a partner who feels penned in by a household budget. Denise found it grimly satisfying to make an end run around her more penny-pinching spouse. “I felt like I should have been able to keep some money for myself,” she explains. “I earned it!” Her paychecks were sucked up by bills and items for the kids, and when she didn’t have anything left to splurge on herself, she just charged what she wanted. Amber, 37, a mom of three, played the classic “hiding the shopping bags” game with her husband, spending \$200 a week on things she found on sale and racking up a few thousand dollars in debt. “I’d hit the mall after work and stash the stuff in the back of a closet before he got home,” she says. “For a while, I was making most of the money and felt entitled to spend it however I wanted—clothes, shoes, makeup, you name it. If I wanted it, I bought it. Of course, I felt guilty about it; if you’re being sneaky, you already know it’s wrong.” ➤

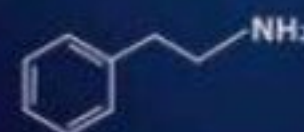
Imagine Andrea’s **surprise** when, one night, her husband pulled up in a new Mercedes—bought in **cash**.

Keeping a secret savings stash can be just as damaging to a relationship as lying about spending, experts say.



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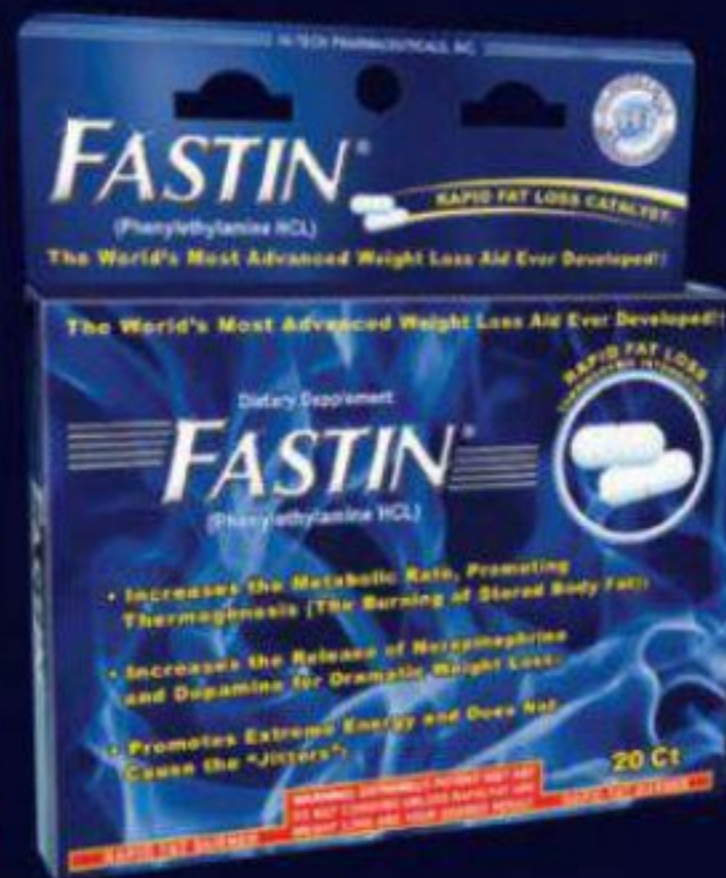
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The higher earner, female or male, should never hold all the cards. Andrea, 33, accepted that her husband made \$180,000 more a year as an engineer and real estate investor than she did as a schoolteacher, but he seemed to enjoy the power differential it created: "When I needed money for the kids or myself, he'd always give it to me, but there was a parent-child dynamic to it. I *hated* having to ask." And he spent big money without consulting her. Imagine her surprise when, one night, he pulled up in a Mercedes, bought in cash. They had discussed his getting a new car, but she'd objected to such a luxury item since they had a newborn at home. After that, she demanded that he add her to all of his accounts. He agreed, but she learned later he still had a secret account to continue some business ventures under the radar. "I was devastated," she says. "We stopped being a team." Now, the couple is trying to work it out in counseling.

Caroline, 40, an advertising exec in Seattle, keeps a secret stash to gain a sense of control in the face of real uncertainty. She's been quietly socking money away since her husband's salary was cut 10 percent last year. "We fight all the time about money—he's a spender, I'm

a saver," she says. The tension has been so high that both of them have threatened divorce. Caroline says her initial goal was to save \$5,000 for a "rainy day" when she might not have a partner. Today, the balance in that account is closer to \$12,000. "It's just sitting there," she says. "The last time I put money in there, I thought, *Oh, geez, this is really bad*, especially when we were struggling to come up with money for our mortgage. But I need that safety net. You can't rely on anything these days."

LETTING GO OF SECRECY

Caroline's money and security fears are legitimate, says Clayman—but keeping the account secret from her husband isn't. "I've seen many couples divorce over financial deceit. The spouse feels blindsided by the elaborate lies that may have gone on for years. Sometimes people just can't get over that." The longer the lying goes on, the worse the reaction is likely to be, so Clayman urges her clients to come clean.

Amber, who used to hide her spending from her husband, says she knew she had to tell him the truth when she saw him with his head in his hands and near tears while going over their bills one night. "He

kept shaking his head, asking, 'Why is money always so tight?' and I knew the answer was me," she says. She confessed about her weekly shopping habit, her credit card debt, *everything*, and the blowback she expected never came. In fact, Amber's husband was relieved. "I think he was just happy that we were finally able to put an end to years of money stress," she says. "He was far more forgiving than I might've been." Now the couple talks openly about their spending and saving plans, something Clayman says is an absolute must. "The privacy limits are different for every couple," she says. "It might be that they agree to have intimate knowledge of every single financial transaction, or maybe they have separate accounts, or agree to get their partner's approval before they buy something over a certain amount. The point is that they have to decide what's okay together, to avoid any surprises."

Recently, Amber went shopping with a friend and saw a pair of jeans she wanted. "I texted my husband to double-check the budget and see if we could afford them. We couldn't," she says. "Before, I would've resorted to being sneaky and felt guilty. Now, I'm buying less, but I feel like I have so much more." **R**

4 MONEY TALKS EVERY COUPLE NEEDS TO HAVE

"LET'S TALK ABOUT FINANCIAL BAGGAGE."

"You don't truly know each other until you discuss your individual spending styles and financial goals, and come clean about any debt," says Klontz. "Being honest about how money was handled in your family growing up can also help your partner begin to understand any money hang-ups you bring to the relationship."

"LET'S TALK ABOUT SPENDING LIMITS."

Decide together what qualifies as a big-ticket purchase requiring approval by both partners. "Many acts of financial infidelity take place because couples don't have an explicit understanding about how much they'll spend or save," says Klontz.

"LET'S TALK TO A PRO!"

If you hit an impasse over spending issues, consider setting up an appointment with a financial counselor who can help. You can find one at fpanet.org/findaplanner or financialtherapyassociation.org.

"LET'S REVIEW OUR MONEY PLAN."

No matter what you agree to, Klontz says it's key to sit down 30 days after hammering out a plan to see how it's going. "People tend to slip up if they don't revisit their goals," he says. Ask each other two questions: Is it working for me? Is it working for you? "If either of you says 'no,' renegotiate the terms to something you'll both stick to."

Got relationship issues? Check out *Cosmopolitan* this month for ways to feel closer after a fight.



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7 easy ways to save a whole family from poverty

Giving one woman a **loan**—even \$25 works—can have a powerful ripple effect for her children, her community, and even the global **economy**. Pay it forward with these ideas.



Ethiopian mom Adisue (with her two kids) sorts grains for her dairy business, which has doubled in the past six years thanks to a \$150 loan.

1 Learn how microfinance creates miracles. “When women are economically empowered, they’re more likely than men to put money back into the family and spend on things like education for their kids, health care for the whole family, and improving their housing,” says Mary Ellen Iskenderian, the president of Women’s World Banking, an organization that helps low-income women entrepreneurs in 27 countries. Microfinance gives these women access to capital they’d never qualify for at traditional banks. “One woman in Kenya had set up a make-shift hardware shop on the side of the road that sold nails, two-by-fours, and other tools. She wanted to expand, but no one would loan to her,” Mary Ellen says. “Through our affiliate, Kenya Women Finance Trust, she borrowed \$75. When I met her seven years later, she had built a proper store with a lumber yard in the back and had 27 employees—her latest hire was her husband.” See how you can help at swwb.org/getinvolved.

2 Fund female small-business owners in Latin America. “When I started meeting with women in some of Bolivia’s poorest slums 22 years ago, what struck me the most is how much they wanted to give their children a better life,” says Lynne Patterson, who co-founded the women’s development and microfinance organization Pro Mujer with Bolivia-born Carmen Velasco. “In many rural Latin American areas, most of the paid work goes to men,” Carmen adds. “That means if women want a job, they usually have to create their own—and many of them have zero formal education.” Since its pilot program in Bolivia, Pro Mujer has provided funding to 1.6 million women in Argentina, Peru, Nicaragua, and Mexico for their businesses, like clothing or food shops. “When I visited Nicaragua, I met Sandra, an illiterate mother who got married when she was only 14,” says Lynne. “She was so proud of the fruit-selling business she started with a \$50 loan. Now, she can afford to send her three kids to school. What we’re doing is more than just helping these women make some money—we’re changing the culture of poverty.” To help Pro Mujer fund even more loans, donate at promujer.org/donatenow.

3 Choose an entrepreneur you want to help at kiva.org/women, and get some of your friends to pitch in. Browse profiles of women like Pekeshe, a mom in Kenya who could use \$125 to buy a blow-dryer and hair products for her beauty salon, or Margie, a married mom with two kids who wants to borrow \$150 to buy canned goods, snacks, and drinks for the grocery store she started last year in the Philippines. You can loan as little as \$25; when the money gets repaid, loan it back out to another mom and continue the cycle of giving.

4 Splurge on a \$55 Tory Burch cosmetics case through the Tory Burch Foundation (go to toryburchfoundation.org and click on “support”). All profits will go to help women start or grow their businesses right here in the United States. The foundation has partnered with the American branch of the global microfinance institution ACCION, and last year funded women like Amy

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A group of women in Afghanistan are practicing tailoring on donated sewing machines. They are wearing headscarves and working on various pieces of fabric, including one with a colorful floral pattern. The women are seated at a long table, each with a sewing machine. The woman in the foreground is wearing a yellow headscarf and a black jacket, and is focused on sewing a piece of white fabric with a colorful floral pattern. The other women are also working on their respective pieces of fabric. The background is a simple, light-colored wall. The overall atmosphere is one of concentration and skill development.

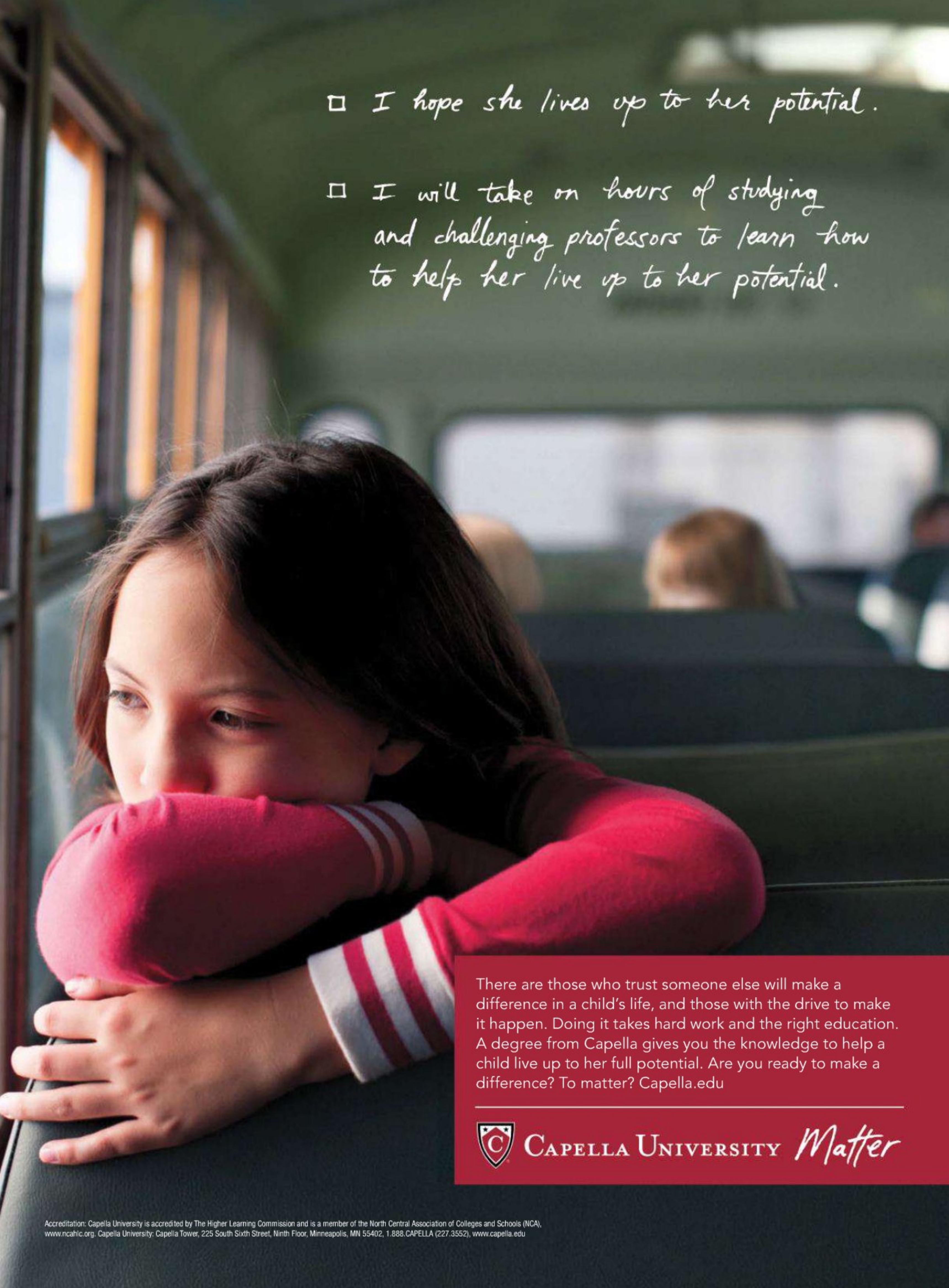
Tailors-in-training practice on donated sewing machines in Afghanistan.

tailoring course. The Afghan Institute of Learning started teaching the classes in 1996 to help widows find sustainable employment, and today it reaches 700 women and girls each month. Visit globalgiving.org/projects/small-business-for-afghan-women for more info.

7 Accessorize with bracelets and earrings made by women struggling to eke out a living in Palestine and Rwanda. “When I met women in refugee camps in the West Bank, I saw that they had incredible embroidery skills, but no one was buying their elaborate tablecloths and pillowcases,” says Tess Sager, founder of the non-profit Hands Up Not Handouts. Tess helped the women translate their talents into making more profitable items, like intricately designed wrap bracelets. In Rwanda, she taught basket weavers how to use their traditional techniques to create earrings from sweet grass. The organization buys all the pieces at fair-market prices and resells them at handsupnohandouts.org/shop for \$30 and up. “I’m a master weaver in Rwanda,” says 30-year-old Mukakamanzi Theresa. “Since I learned how to make the earrings, I’m earning a steady income. My family now has a savings account and health insurance, and our children are well-fed. I’m a role model of change in my village.” —JIHAN THOMPSON

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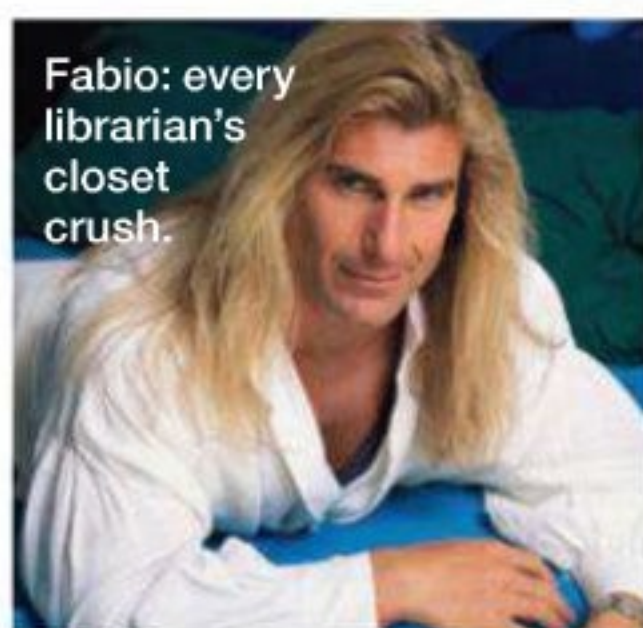
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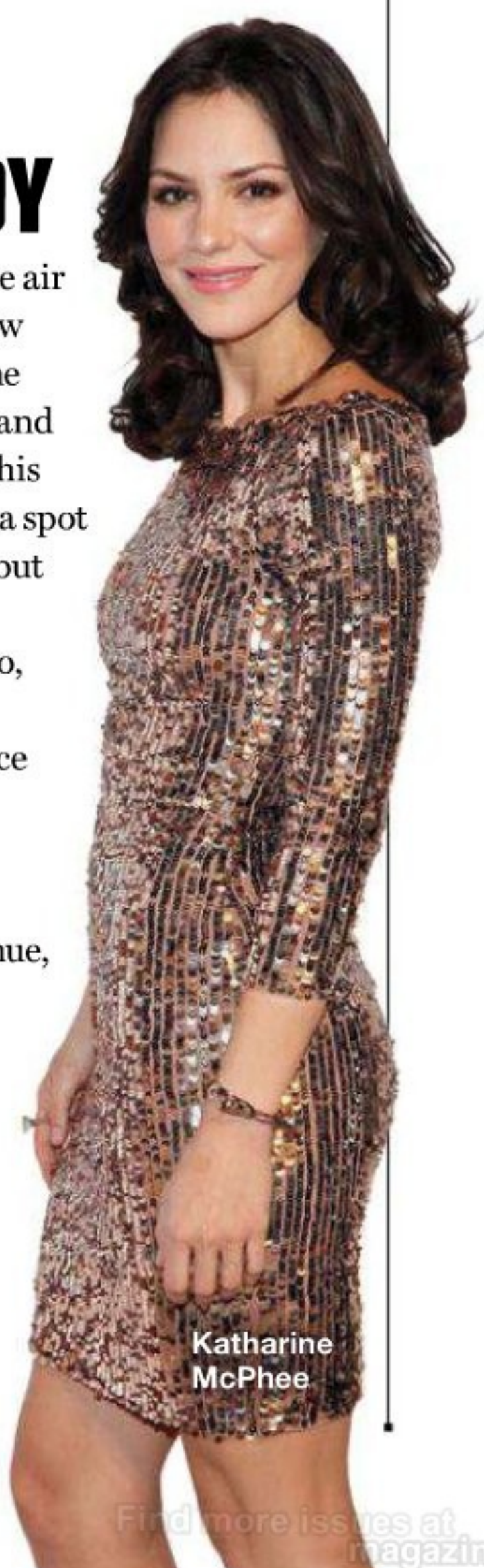
unapologetic odes to such page-turners as *Maharaja's Mistress* and *Mad About the Earl*. Founders Candy Tan and Sarah Wendell wrote a book, *Beyond Heaving Bosoms: The Smart Bitches' Guide to Romance*, that's been used in undergrad courses at Yale and Princeton. See, no one's too brainy to rip a bodice—or two.

DVR IT

GLEE'S UNDERSTUDY

Throw your jazz hands in the air for NBC's *Smash*, a new show packed with stars (Katharine McPhee, Anjelica Huston) and splashy musical numbers. This story of an actress vying for a spot on Broadway is no copycat, but note the Gleekish parallels:

- An ingenue (McPhee) who, like Lea Michele's Rachel, blends bright-eyed innocence with rabid ambition.
- A sexy director (Jack Davenport) who, unlike Matthew Morrison's Mr. Schue, isn't above using the casting couch to audition a lead.
- A maternal mentor (Debra Messing) who, like Idina Menzel's Shelby, dreams of adopting a baby. Watch, get hooked, and never feel showtune-deprived again.



Katharine McPhee

READ IT

A REPORTER MOVED BY LOVE

Katherine Boo has racked up journalism awards for pieces on poverty in America, but marrying an Indian man made her curious about his homeland. For her new book *Behind the Beautiful Forevers*, she spent three years shadowing residents of Mumbai's Annawadi slum. Here's what she brought home.

REDBOOK: Did your time in India help you understand your husband better?

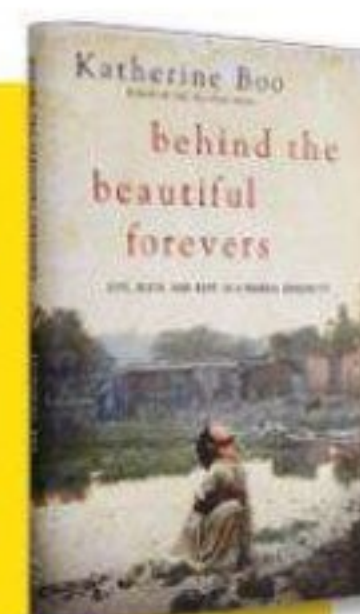
Boo: Yes, in ways big and small. I always found the way he walked with his hands behind his back so moving. I realize now, that's how men in India walk. I also learned not to take it to heart that he wants to debate everything—having an argument is the Indian idea of a good time.

REDBOOK: The residents of Annawadi live practically on top of each other. How does that affect their relationships?

Boo: Their world has a lot of uncertainty, and that is hard on marriages. There was a lot of drinking, anger, and abuse—they could be volatile. But where couples could come together was the delight they took in their children. The children are the light and hope of their worlds—also the free entertainment.

REDBOOK: And there were some very loving couples. How did they manage that?

Boo: They were amazing at creating emotional and sexual privacy for themselves. They send their kids on very long errands. But really, it comes down to a sense of humor. The ability to laugh at the world and at each other helps enormously.



WATCH IT

What to do on Valentine's night (besides the obvious)? Pick one:



Curl up on the couch. *The Loving Story* (HBO) is a stirring documentary about a couple who took their fight for interracial marriage all the way to the Supreme Court.



Hold hands at the movies. *The Vow*, starring Channing Tatum and Rachel McAdams, is a big, old-fashioned romance. Don't leave to get popcorn during Tatum's buff scene.

Gifts you want to give-

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4 14K gold-plated crystal earrings

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3 TokyoMilk bath products

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Parfum: #2200042

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11 Makeup bag

What tween wouldn't swoon for this kissy-bird bag? **\$27** #2100276

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22 Ticket stub diary

An easy way to look back on all those games and concerts!

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23 Men's black leather watch

This sleek timepiece is perfectly business-like.

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#1200013

20 Exotic bonbons

Dark chocolates spiked with flavors like cardamom and lemon curd. Yum!

\$20 #4200522



24 Onyx and pearl reversible cufflinks

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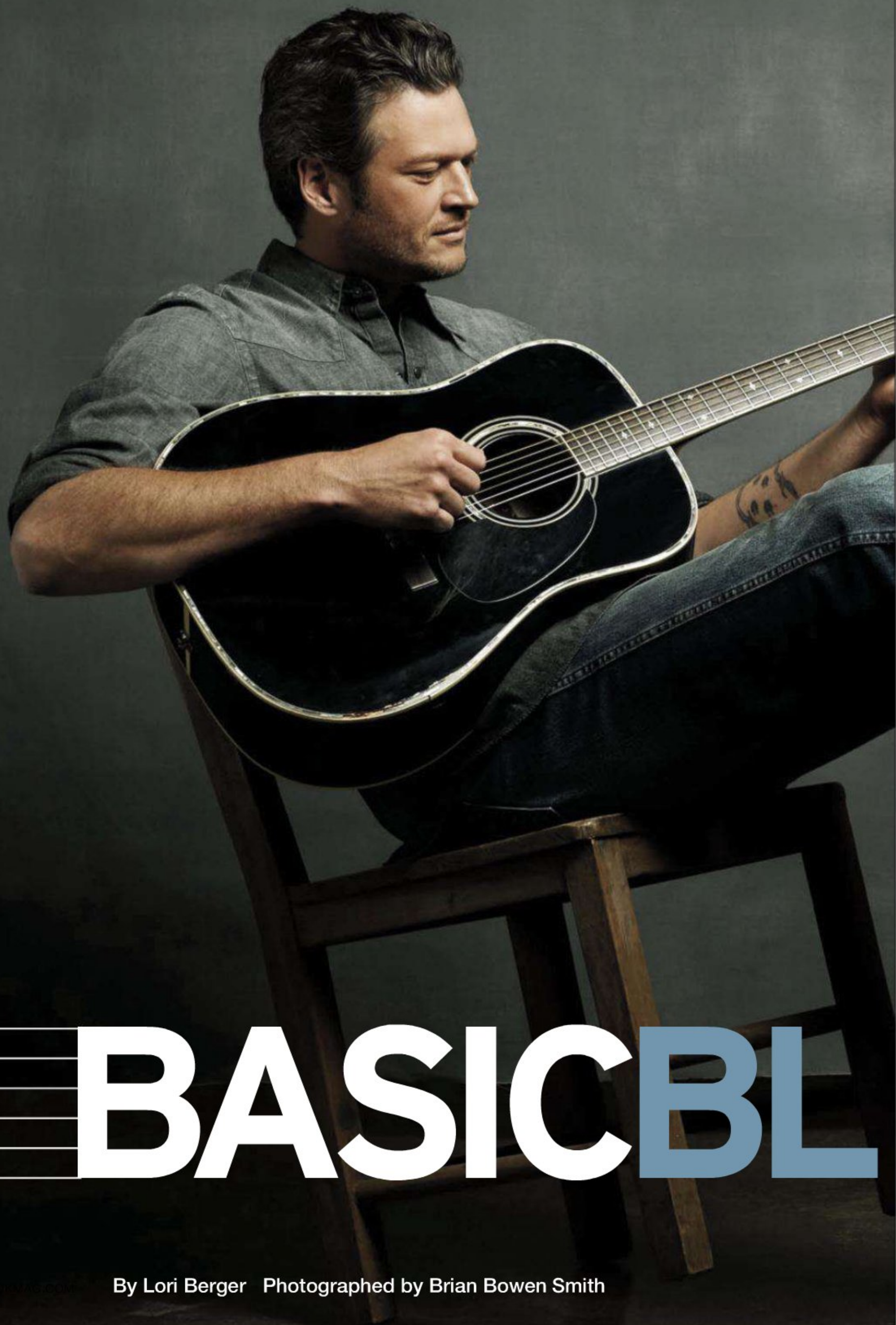
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BASICBL

Why is *The Voice* star so perfect to headline our Hot Husbands issue? He's got a potty mouth and a huge heart. He drives a pickup and will *never* trade his Wranglers for skinny jeans. He can shoot a gun and he'd take a bullet for his wife, Miranda Lambert. Plus, he gives great hug.



AKE

AN EAR FOR TALENT
"People would be shocked if they saw what's on my iPod. Michael Buble's on there; I listen to him constantly."
REDBOOKMAG.COM 131



he best part of my interview with Blake Shelton happens right after I turn off my tape recorder. As I leave his trailer on the Los Angeles set of *The Voice*, the lanky country superstar shoots me a sly smile, focuses his blue eyes on me, folds me into his 6-foot-5-inch self for a hug, and whispers, "I love you." I'm totally

caught off guard. Quip-free. Speechless. If I hadn't seen the 35-year-old musician working his magic on everyone around us during our four hours together, I might have experienced actual knee weakness.

But, famous bad boy that Blake is, he's just teasing me for all my questions about his soft side. I couldn't help but ask after watching him on *The Voice*. The Oklahoma native, who could have been a misfit next to the show's pop-star coaches—Christina Aguilera, Adam Levine, and Cee Lo Green—quickly emerged as its heart-and-soul favorite. At the end, he put it all out there for his protégés, going so far as to enlist his wife, Miranda Lambert, to join Dia Frampton for her finale, and springing for the Philip Lim dress she wore because it went over the wardrobe budget. Combine that guileless enthusiasm with his stratospheric success (10 number-one country hits and a truckbed's worth of music awards) and his brilliant choice of bride (he married Miranda last May) and Blake is one *sizzling* hot husband.

Kicking back in his trailer, wearing his signature uniform of 36-inseam Wrangler jeans and crocodile boots, Blake makes it clear that he doesn't take his success or heartthrob status too seriously. "What you need to know about me is that I always just wanted to be a country singer," he says in a deep Southern drawl, spiked with constant profanity. "I didn't choose the path of television or being on magazine covers. You know, you can get so wrapped up in it. I can go hang out with Adam, Christina, and the guys and have a big party where it's like, 'Yeah, it's L.A., bitch!' But then I just want to go home and get into my truck. Being in Oklahoma with Miranda is what makes me

really happy." Here, without a publicist in sight, Blake gives us the unfiltered lowdown on his life outside the spotlight, his drunken, late-night tweets, and why he'll never, ever buy Miranda a sentimental Valentine's Day card. By the end, you'll understand why I told him (apologies to my own hot husband), "I love you too!"

REDBOOK: You've been called the spiritual conscience of *The Voice*...

BLAKE SHELTON: [Laughing hysterically] Sorry about that!

RB: And also, America's favorite judge. Are you the Paula Abdul of the show?

BS: You mean because of my alcohol consumption? Okay, really, I think that's because of the relationship I formed last year with [contestants] Dia and Xenia, the two young ladies I mentored for the finals. It was like I was a big brother or a fatherly figure. They were like family to me. I know I surprised Miranda. At one point she said to me, "I never thought of you that way; I didn't know you had that inside of you." And you know what? I didn't either.

RB: When you first started on the show, how did it feel being the lone country voice on a panel of pop stars?

BS: I remember sitting in this room and everyone was talking and laughing. I felt a little like the black sheep. It wasn't until [executive producer] Mark Burnett set up a dinner about three days into production, when it was just the four of us sitting down together, that we clicked. It forced us to move out of our comfort zones. All

of a sudden I was having conversations with people I had only read about in tabloids, and they're just normal people. And they know who I am, and that I [was] getting married to Miranda, and they know who she is. It was surreal. Over those first few weeks, there was enough of a bond for us all to rip on each other, and then during commercial breaks we were high-fiving one another.

RB: America is riveted when that red chair lights up and swivels around. How fun is that for you?

BS: Everybody loves the chair! Last year, Miranda came to the set one day and—she never, ever does stuff like this—she asked to have her picture taken in my red chair. And trust me, Miranda doesn't think anything is really cool!

RB: You're known to have quite the potty mouth. How much do you edit yourself?

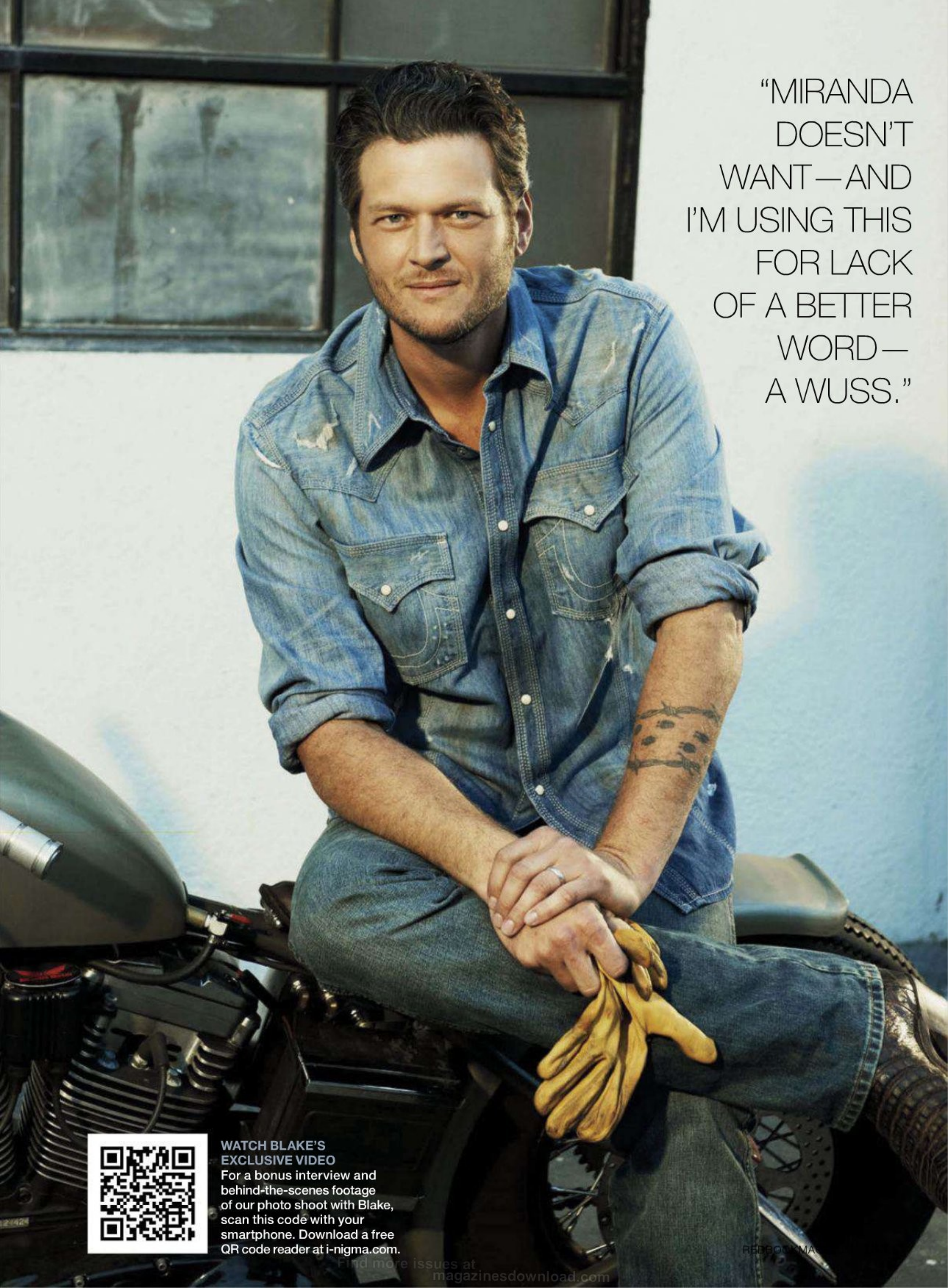
BS: Stop right there. If you follow me on Twitter, then you know. There needs to be an app that edits what I say versus what I want to say. Sometimes I'll look around and see Mark Burnett off to the side, shaking his head and thinking, *How many F-bombs am I going to have to edit out of this?* That may be one of the reasons the show works—because the four of us don't really belong on prime-time, live television, unless we're performing.

RB: How different is it living in L.A. while taping the show than kicking back in your home state of Oklahoma?

BS: As different as air and water. There is nothing about L.A. I feel comfortable with yet, except when I'm on this set. The only friends I have are in this building. I don't really know anyone else in town. In fact, I don't even know how to get around this town. Last year I did *The Tonight Show*, and when Jay Leno asked me where I lived, I swear to God, I had no idea how to get there. I pretty much come to work and just wonder when they are going to turn me loose so I can get back to Oklahoma.

RB: There must be *something* about Los Angeles you like.

BS: Well, I'm not going to lie: It's nice when you drive down the street and every girl you see is hot. I mean every girl—whether she's crossing the street, sleeping on the street. Even the homeless girls are smoking hot! It's like, *Oh, my God,*



"MIRANDA
DOESN'T
WANT—AND
I'M USING THIS
FOR LACK
OF A BETTER
WORD—
A WUSS."



**WATCH BLAKE'S
EXCLUSIVE VIDEO**
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REDEEMMA



"It's a thrill to step on stage and see people singing with me. That verifies for me that I've had an impact."

I'm gonna lie down next to her on the sidewalk! I think every cute girl is told to move to L.A. someday. So I do like the drive over from my house to the studio.

RB: What do you miss most about home?

BS: I love to deer hunt and fish and drive down the back roads in my truck. All those things basically equal freedom to me—and not having to return that message or call from my record company or management. At some point, I need to recharge.

RB: Has freedom been the biggest sacrifice of your recent success?

BS: Oh, no question about it. I'm not the kind of person who thrives in "the scene." I know that when this is all over, and I'm no longer cool, I'm going to be just as happy because I'm going to be at home.

RB: Will home always be Oklahoma?

BS: Yes, 100 percent.

RB: Miranda has said that since you've been on *The Voice*, she's seen a softer, fuzzier side of you, and that it was nice to know you had "a heart." If she's seeing this for the first time now, how did you ever win her over?

BS: Miranda doesn't want—and I'm using this for lack of a better word—a wuss. She

doesn't want a whipped guy. That's not attractive to her, and honestly, I can't imagine that would be attractive to any girl. I think that's one of the things that's kept us interesting to one another. She's the same way with me. She was my girlfriend and now she's my wife, but my God, she's still Miranda Lambert, and nobody can tell her what to do or boss her around! She's a powerful, powerful personality—in a good way.

RB: What was it about her—

BS: Her boobies! [Laughs]

RB: ...that made you realize you wanted to spend the rest of your life with her?

BS: I dunno, how do you pinpoint stuff like that? I never set out at any point in my life and said to myself, "I want this kind of girl." I met Miranda, and she just was

that girl. I'm screwed now that I've met her, because I don't know who could be better for me in my eyes and my mind. That's just how she's always been for me since I met her. Now if I have to think about specific things, I'd say she loves the same things I love. She loves music and does it for a living and is successful at it, and it keeps her busy and prevents us from getting on each other's nerves. We can actually have our own separate lives and still be supportive and understanding of each other. I get it. I thought we were finally going to be home together for a week, and an opportunity came up for her to be on the *Today* show or something like that. It was sad, and I hated it, but I said, "Naw, go ahead, baby! You better do that because your album's coming out, and I understand." It's important for us to have somebody who gets all that.

RB: Does it feel different being Miranda's husband versus her boyfriend?

BS: I think just knowing you're married

and having that in the back of your mind all the time—it sounds official, but it doesn't really feel any different. We don't do anything differently than we did before. She still has her ranch, I still have mine, and we still haven't decided when we're going to build a house together, where it's going to be, or what it's going to look like. Our relationship and the nuts and bolts of how we work together haven't changed at all.

RB: I heard that you asked Miranda's father for her hand in marriage. Does that speak to your old-fashioned side or the Southern gentleman in you?

BS: I guess it's sort of old-fashioned and what you're supposed to do, so I did. But also, Miranda has a really unique family, and they're very, very tight. Miranda is her dad's world. I knew, out of respect for him, that I wanted to talk to him, tell him my plans, and get his permission. I love Rick, and we have a very strong relationship. Miranda's told me that, God forbid, if we ever break up, she knows I'm going to get her family in the divorce! The second I met her family, we clicked.

RB: What valuable advice did you get from Miranda's dad?

BS: It was more about him wishing me luck. The advice was essentially, "If you ever hurt her, I'll kill you."

RB: Has Miranda tried to tame you at all, or you her?

BS: I think she has probably tamed me a bit. Or maybe it's because I'm 35, and



The hot seat: Blake on the NBC hit *The Voice*.

★ A WORD ★ FROM THE MRS.

Country megastar
Miranda Lambert gives
it up for her hubby.

REDBOOK: Blake said you'd laugh at the idea that he's REDBOOK's hot-husband cover star. What do you think?

MIRANDA LAMBERT: I never saw him as a "hot husband," but I understand why women would think that.

RB: What makes him hot to you?

ML: Blake is a real man's man. He's not one of those girly guys at all! He's

you start to calm down anyway. But I think a lot of it has to do with feeling settled and lucky to have ended up with the person I really wanted to be with. To me, that's being tamed in the best possible way. You just say to yourself, "I'm done, I'm thrilled, I couldn't be any happier." I think—and I'm sure Miranda would agree—the idea of actually "taming" your partner is not our style. We accept and understand each other. Miranda would never want to tame me into being somebody I'm not, and I would never try to do that to her.

RB: Even though you two haven't set up house, do you have a domestic side?

BS: You mean besides shooting the venison together for our wedding? Isn't that romantic? Sure, we've got our domestic sides. Miranda woke up this morning and cooked us breakfast. It's the stupid things that a lot of people wouldn't think twice about that are a big deal for us. So when we're home, she's very domestic, and I am too, as long as it's not deer season. Doing laundry while watching *Good Morning America* or *Say Yes to the Dress*, or Miranda cooking dinner for me and me telling her how good it is—those kinds of things are a major big deal for us. We're still figuring out that part of our lives. It's been a crazy year for both of us.

RB: Wait—you do laundry?

BS: Yes, but I have no problem living with a mountain of dirty clothes in the middle of the floor. The only reason they ever get

"I'M 35 AND FEELING SETTLED AND LUCKY TO HAVE ENDED UP WITH THE PERSON I REALLY WANTED TO BE WITH. TO ME, THAT'S BEING TAMED IN THE BEST POSSIBLE WAY."

washed is because I run out of socks and underwear. I'll even go and buy new ones before I'm willing to do all the laundry.

RB: Your most recent album, *Red River Blue*, is not only your most successful, with your first platinum single, but also your most romantic. How much of that was inspired by Miranda?

BS: A lot of it. In the window of time that I was doing this album, I was getting married and ready to put a seal on my future, so I made a record that reflected that.

RB: So on Valentine's Day, will she be getting a lovey card from you?

BS: No, no, no! That is just not who we are. And on the rare event something like that does happen, it's not one of those cards; it would be more like flowers, and it wouldn't be because it was Valentine's Day. It would be because something special happened between the two of us. If I got her one of those mushy cards, I'd be afraid she'd leave me. In fact, just recently she told me how a friend of hers was saying how much this guy she was dating loved

her, and Miranda just wanted to vomit.

RB: Let's talk about your image. How do you feel when they try to slick you up?

BS: I used to resist a lot of that, but I'm trying to open my mind more about it, and I'm getting better about meeting them somewhere in the middle. But I'm not giving up my boots or Wranglers. People have asked me to put on a pair of slacks, khakis, or dress pants, and it's not going to happen.

RB: You've been named one of REDBOOK's hottest husbands—

BS: Are you sure you don't really mean ugly married dude?

RB: ...but what makes you a *good* husband?

BS: I think you've got to be confident *and* a little bit of a pushover. Obviously, you've got to be a loyal person. I'm never going to listen to someone trash my wife. I think you have to be willing to take a bullet for somebody if you're going to stand up there, take your vows, and be married to them for the rest of your life. ®

definitely a country boy, and what you see is what you get.

RB: Can you tell us something not-so-hot about him?

ML: When he's at home, he wears camo, and sometimes the same camo over and over again without washing it.

RB: And that's just the kind of guy you always dreamed of marrying?

ML: I've dated all kinds of guys and didn't know who I'd end up with. But I kind of assumed it would be someone more like my dad than not. And Blake and my dad are a whole lot alike.

RB: Is Blake's bad-boy persona what makes him so irresistible?

ML: I think so, because he is sort of a loose cannon and really, really funny.

RB: Blake says you're a "tough cookie," and that you'd probably leave him if he got you a sweet Valentine's Day card.

ML: [Laughs] You know, it's true. I am just not that girl.

RB: So what are the things he does that are meaningful to you?

ML: Well, one time when I was sick, he went into town and brought me some flowers and chicken noodle soup and crackers. I'll never forget it. On Valentine's Day, he'll take me out on the boat and we'll just relax and have fun together. That's much more our thing.



RB: Other than *hot*, what word best describes Blake to you?

ML: I would say *personality*. He lights up a room. Seriously, he is the life of every party he goes to.



Soft Skin for all!

< REACH OUT AND TOUCH SOMEONE

It's a fact: Skin-to-skin contact makes you happier. "Being touched signals the brain's vagus nerve, which has branches everywhere in the body," says Tiffany Field, Ph.D., director of the Touch Research Institute at the University of Miami School of Medicine.

"This decreases cortisol, which lowers your stress levels." So silkify your skin, then cuddle someone *stat*.

*Our mission on these pages:
to keep you and everyone in
your family glowy and smooth
this winter, from your heads
to your chubby-wubby toes.
By Mary Rose Almasi*

WINTER-PROOF YOUR SKIN

Right now, your body probably feels nothing like, say, velvety-delicious baby feet. By midwinter, skin is tight, scaly, and beat up. Guys, and even children, suffer too: “Low humidity outdoors combined with dry indoor heat robs everyone’s skin of moisture,” says Ethan A. Lerner, M.D., Ph.D., an associate professor of dermatology at Harvard Medical School. To stay soft and smooth, bathe only once a day (if you work out at night, do

MIRACLE IN A TUB
IF YOU BUY ONLY ONE
PRODUCT FROM THIS STORY,
MAKE IT A BIG JAR OF
AQUAPHOR, \$16.99. THIS
MIGHTY OINTMENT HEALS
AND HELPS PREVENT
CHAPPED LIPS, WIND-
BURNED SKIN, CRACKED
CUTICLES, AND CHALKY
KNEES AND ELBOWS. JUST
SLATHER IT ON!

a quick rinse afterward, no soap), and to dry off, blot—don’t rub—your skin with a towel. Apply body lotion while your skin is damp; if it feels super-parched, “mix half a teaspoon of body oil into your dollop of moisturizer,” suggests David Colbert, M.D., a New York City dermatologist. And the pros agree: You don’t have to splurge on body lotion. “Most formulas—even inexpensive ones—contain a fairly similar blend of skin nourishers,” Lerner says.

Beat cold weather’s *WORST* rash

IT’S ECZEMA, and according to the American Academy of Dermatology, 10 to 20 percent of people will develop it, and 90 percent of those have had the rash before the age of 5. This chronic skin condition tends to worsen in dry air, and some sufferers *only* experience flare-ups during the winter. While eczema’s cause isn’t fully understood, doctors believe genetics play a role and that it’s related to the immune system. Symptoms include scattered patches of red, itchy, dry skin (usually on the hands, neck, face, and legs) that can lead to sores when scratched. In children, “hinged areas”—like the insides of the knees and elbows—are often affected too. If a member of your family has any of these symptoms, see a dermatologist. Experts agree that the tried-and-true treatment is to apply an over-the-counter hydrocortisone cream to reduce the itch—which is key, because the more you scratch, the worse eczema gets. You can also tamp down an angry rash by applying a fragrance-free, basic moisturizer such as Eucerin Original Moisturizing Lotion, \$8.39, to soothe the itch (our hero ointment, Aquaphor, above, is another sure bet). For nighttime relief, trim your nails and wear lightweight cotton gloves or socks on your hands to bed, so you don’t scratch yourself in your sleep.

TOT TIPS

Keep young skin pristine with this advice from **Amy S. Paller, M.D.**, chair of dermatology and a professor of pediatrics at Northwestern University:

- Babies and toddlers don’t need daily baths unless they have dry skin or eczema. Use a soap- and lather-free wash like Cetaphil Gentle Skin Cleanser, \$11.99.
- Post-bath, rub a basic lotion such as Lubriderm, \$7.99, or Moisturel, \$12.99, all over them.
- If their skin still feels dry, run their clothes and bedding through a second rinse cycle in the washer to eliminate any detergent residue. And skip dryer sheets, which leave a coating that worsens dryness.





NOW, SOFTEN UP YOUR GUY Men have their own set of winter skin issues, though one thing's for certain: All that body hair works in their favor. "It contributes natural oils to their skin, so guys don't need as much extra hydration during the cold months as women and kids do," Colbert says. Still, you can sneak in some better habits so he feels softer against *you*. First, stock the shower with a gender-neutral (that means no "Sweet Pea & Violet" scent), creamy body wash like Dove Deep Moisture Body Wash with Nutrium Moisture, \$4.49. Then, give him a gel body moisturizer, such as Vaseline Aloe Fresh Moisturizing Gel, \$6.29, which absorbs faster than a lotion so he won't complain that it feels sticky. Finally, to de-scale his alligator hands, slather *your* mitts in an unscented hand cream (such as Kiehl's Ultimate Strength Hand Salve, \$13) at bedtime, then rub his hands to share the love.

If your guy is one of the zillions whose body has areas of Little Red Bumps (that's our official name for the condition), the cause may be clogged sweat glands. Make sure he wears a sweat-wicking shirt and shorts when he works out, and that he showers immediately afterward with an anti-

bacterial soap such as Lever 2000. If the bumps persist, have him try using Hibiclens cleanser, \$13.49, which is antimicrobial and antiseptic. "He should apply a thin layer to the affected skin five minutes before or during his shower," says Lerner.

As for his cute mug, Colbert adds, just let it be: "If your man doesn't want to use face moisturizer, he doesn't have to unless his skin is blatantly dry." Colbert says that guys don't need to exfoliate, either, because shaving removes dead skin. Lucky fellas!

TRADE 2-MINUTE MASSAGES HAVE YOUR GUY LIE ON HIS BACK, AND SIT OR KNEEL BEHIND HIS HEAD. PUT YOUR HANDS, PALMS UP, UNDER HIS BACK ON EITHER SIDE OF HIS SPINE. WITH FINGERS SLIGHTLY CURLED UP, GENTLY PULL YOUR HANDS TOWARD HIS NECK. REPEAT EIGHT TIMES, THEN SWITCH PLACES!

A rough-heels REMEDY

Bedtime just isn't as nice when your dry, cracked heels are scraping each other's legs. Try this easy fix from Ranella Hirsch, M.D., a clinical assistant professor of dermatology at Boston University School of Medicine: Rub your feet and heels with a pumice stone, then slather them in a rich cream. Put on thick gym socks, which create heat to help the ingredients sink in, and leave them on for 30 to 45 minutes. Slip them off before bed, and let the footsie-playing begin.

BABY YOUR SKIN—WITH FOOD!

To *really* beat winter's harsh effects, tackle them from the inside out by noshing on these skin-boosting foods, says registered dietitian Joan Salge Blake, a clinical associate professor of nutrition at Boston University. "The nutrients in these foods can be as good for your skin as they are for your health."

Almonds: They're packed with vitamin E, an antioxidant that can aid in fighting skin-aging free radicals.

Salmon: It's a top source of niacin, a B vitamin that keeps skin cells healthy, and selenium, an antioxidant that helps protect your skin from sun damage.

Sweet potatoes: These are rich in beta-carotene, which your body converts to vitamin A, a nutrient that helps skin shed dead cells.

Papaya: The tropical fruit is high in vitamin C, one of the most potent antioxidants for protecting skin from damage that leads to wrinkles.

Soybeans: These little legumes are like nature's nip and tuck. They're protein-rich, to help skin stay firm. —HOLLY PEVZNER

5

MAN-MAGNET FIGURE-FLATTERING SHOW-STOPPING **outfits**

How would you look if your guy picked all your clothes? Stop laughing! We got 300 men to vote for their favorite new runway trends, and—color us amazed—they didn't go for the skimpiest ones. Their picks are chic, comfortably sexy, and terrific on all body types. Presenting the stuff of your fashion dreams—and his, too.

The trend: all white

It's clean, it's crisp, and, sure, it's the universal color of purity. But in a curve-creating belted shape like this, it's not too innocent at all.

Coat, Ted Baker London, \$515. Skirt, Trina Turk, \$178. Bangle, Silpada, \$189. Bag, Elaine Turner, \$395. Heels, Sam Edelman, \$130.

AT LUCA LUCA



The trend: sporty stripes

Rugby-style stripes and an anorak—well, obviously he can relate. But in this sleek incarnation, you'll look cool (and feminine) all weekend.

Dress, Jason Wu for Target, \$34.99.

Jacket, Ali Ro, \$308.

Necklace, Kate Spade, \$128.

Bracelet, Silpada, \$299. Watch, Baby-G, \$79. Flats, Matt Bernson, \$150.

AT LACOSTE



The trend: slip dresses

Floaty layers that whisper against your curves are flat-out alluring. No bells, no whistles—no Spanx!

Dress, Rebecca Taylor, \$350. Necklace, Marlyn Schiff, \$112. Ring, Raffiné, \$80. Clutch, Presmer, \$328. Heels, Talbots, \$179.

AT CALVIN KLEIN



The trend: dressy shorts

Give 'em a chance: They're cute, foxy, and so much easier to wear than a mini. In silky fabrics, they look great on *everyone*. Blouse, Shoshanna, \$265. Jacket, L.K.Bennett, \$395. Necklace, Erin Håkansson, \$350. Cuff, Kevia, \$163. Shorts, White + Warren, \$185. Bag, Patricia Nash, \$248. Heels, Lauren by Ralph Lauren, \$98.

AT MAX MARA



Want more?

Turn to page 179 to see additional shorts and dresses—for less. And go to page 8 to find out the four trends guys *don't* want you to wear.



The trend: bare shoulders

Who knew that 300 guys would agree: Collarbones beat crazy cleavage.

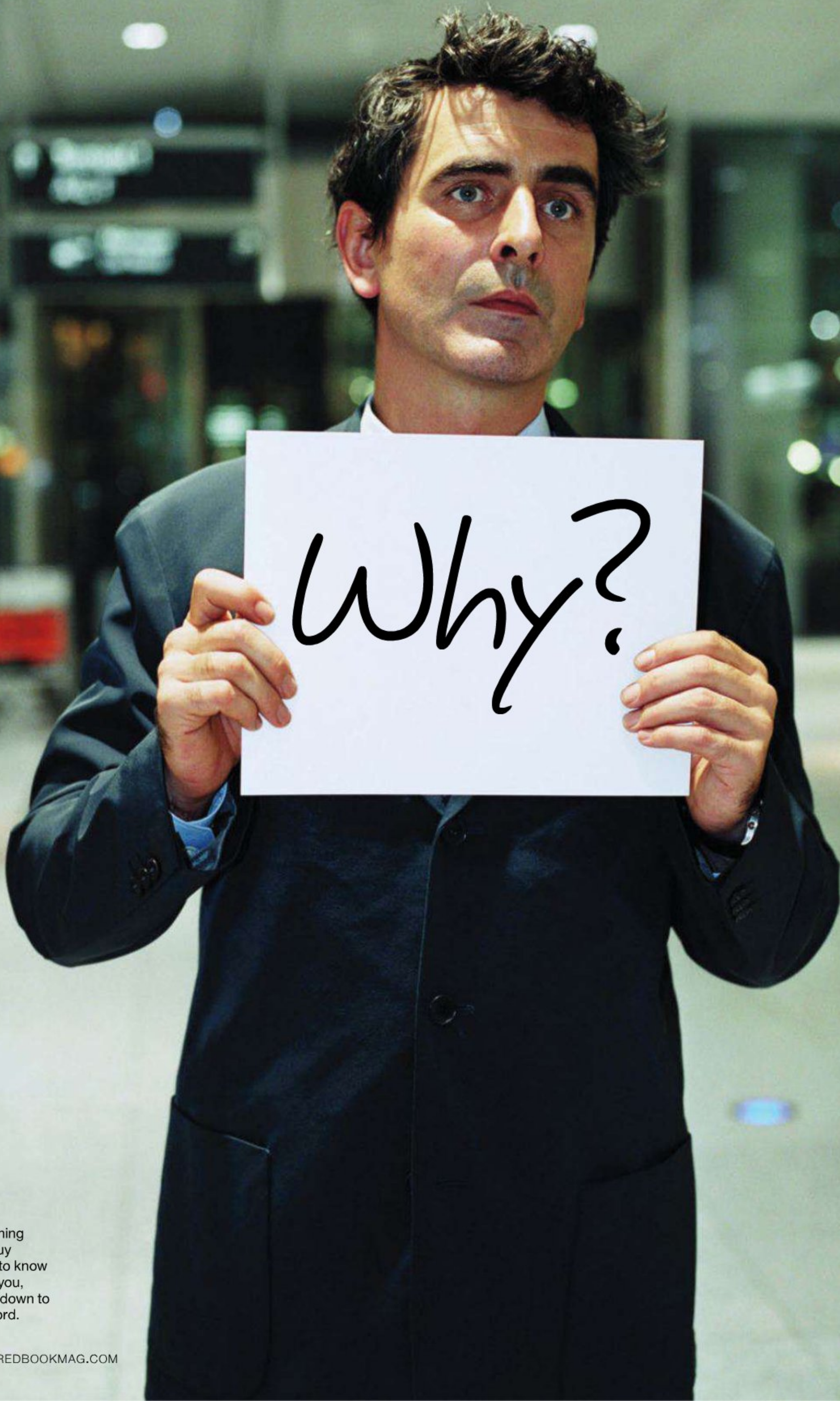
Dress, Lela Rose, \$1,995. Bracelets, Marlyn Schiff, \$62 each. Clutch, Whiting & Davis, \$120. Heels, Coye Nokes, \$295.

Fashion editor:
Audrey Slater

See shopping guide,
last pages, for details.

AT ZAC POSEN





Everything
your guy
wants to know
about you,
boiled down to
one word.

10 QUESTIONS



MEN ARE TOO SCARED TO ASK WOMEN

Q What happens when REDBOOK's fearless guy columnist, Aaron Traister, reveals everything that he and his friends just don't get about us?

A We laugh. We shake our heads in disbelief. And we enlist an army of whip-smart, no-nonsense celebrities and bloggers to join us in setting them straight.

Q Why so many shoes? This was one of the first three questions out of the mouth of every guy I talked to about this story.

A Shoes are a craving, like candy minus the calories. An especially hot pair can make us feel sexier, taller, and stronger, all without any creepy injectibles or carb-free crash diets. No matter what our drama—stress, bloating, breakups—shoes almost always fit, and if not, there's no guilt in going up a size. Not to mention that our

wardrobes are as complicated as we are: Can I tuck those jeans into boots, or are they stiletto-optimized? Do I need to wear my Triscuit-binge pants, which only take flats? Maybe an outfit requires brown shoes, but what shade? And if *those* brown shoes chafed my foot yesterday, then today I want a pair that won't hit the same spot. Hey, what would you guys prefer—that we stock up on actual crack? —Heather Cocks, co-founder of the celebrity fashion blog *Go Fug Yourself*

A padded bra is about the sell. By the time it comes off,

Q My wife, Karel, chats about our sex life with her friends. And since I stay home with the kids, most of her friends are moms I bump into at the park, people whom Karel has potentially told about my “orgasm yodel” over drinks on Friday night. How can women do this? Don’t they realize that at some point, it will make their husbands wriggle with embarrassment?

A Fundamentally, women process things by talking with friends. Whether to commiserate, vent, get advice, or gloat, we work through our experiences verbally. Men work their problems out by drowning them in light beer while watching *SportsCenter* in crushing silence. This is just how the world works. We all have to deal with it. —Aisha Tyler, cohost of *The Talk*

Q Vampires—really? I liked *Splash*, and Daryl Hannah is hot, but I didn’t get creepy about mermaids.

A Vampires are the ultimate “bad boys.” Women love a vampire because we want to reform him and make him ours, for him to set aside his massive, brutal power in order to cuddle and play the piano. There’s nothing more appealing to the ladies

than a long-term rehabilitation project, as the abundance of serial-killer jail mail makes clear. There’s also the matter of bloodsucking, a literal metaphor for sex if there ever was one: the vampire’s fangs stabbing the woman’s neck, draining her until she falls into an ecstatic stupor. Vampire romances are a way for women to enjoy reading about sex without admitting they are reading about sex. Women are adventurous and prudish at the same time, and vampires allow us to indulge in our deepest fantasies. And in my particular case, they also pay the bills.

—Melissa de la Cruz, author of the novels *Blue Bloods* (a vampire series) and *The Witches of East End*

Q Do you think we don’t know it’s a padded bra?

A Here’s why we wear padded bras: Number one, they’re thick, so they eliminate the dreaded headlight syndrome. Number two, they’re about the sell: They put our assets where they’re supposed to be. You guys are all window-shopping—if we keep them in the front of the store, we know you’ll spend money. By the time that bra’s coming off, it’s a little late for buyer’s remorse. —Melissa Rivers, costar of *WE TV*’s *Joan & Melissa: Joan Knows Best*

Q How can a woman hold it together for everyone else but have such a short fuse with her husband? My kids can draw on the walls with Sharpies and Karel maintains a poker face that would make Lady Gaga proud. But if I dye the laundry pink, miss an appointment, or lose a little money in a Ponzi scheme, her Phil Jackson Zen composure vanishes and she’s like Bobby Knight during his Indiana days (they’re basketball guys—just Google ’em).

A I’m not even going to attempt a sports analogy (who’s Phil Knight?) and instead use what I know best: Elmo. He’s adorable—until you realize that the person behind the cuteness is not a preschooler but a 50-year-old man. What’s mildly irritating in kids is infuriating in adults. I call it Extra Child Syndrome. With four young kids in our house, I need to know that my husband’s got my back. Anything that creates more work, whether it’s un-dyeing the laundry he turned pink or rescheduling that missed appointment, frustrates me. It isn’t fair that a husband bears the brunt of his wife’s frustration, but be flattered: Your wife knows you can handle it, because you are, at the end of the day, the only other grown-up in the house. —Charlotte Hilton Andersen, *REDBOOK* blogger and author of *The Great Fitness Experiment*

Q Why do you buy über-healthy food that you’re not going to eat? I’m looking at you, bag of quinoa. At times, it seems like Karel sees herself as a vegan Martha Stewart in the store, but when she gets home, she remembers that being any kind of Martha Stewart is complicated and time-consuming. Spending 24 hours “fermenting barley” for a breakfast concoction is pointless. God invented Cheerios so we wouldn’t have to ferment things early in the morning.

A Certain foods are so virtuous that the mere act of putting them in your shopping cart makes you a healthier, happier person and, perhaps more to the point, an *exemplary* mother. So these purchases are not the waste of money and pantry space they appear to be. Secondly, having high ideals, even if I don’t live up to them, keeps me from totally junking out. For me, a life without aspirations of a leafy-green, quinoa-rich diet is a life filled with braised fatty pork shoulders, Milky Way Midnights, and spicy curly fries pilfered from my kids’ restaurant orders. As soon as I’ve let go of the vegan Martha Stewart vision, I’ve... let go. —Jenny Rosenstrach, founder of the blog *Dinner: A Love Story*



it's too late for buyer's remorse.

Q Size does matter, doesn't it? This is an insecurity of young men everywhere. I guess at some point, to soothe our adolescent fears, a kindly anonymous woman came up with the "Motion of the ocean, not the size of the dingy" adage. But c'mon, admit it: Size makes a difference during sex, right?

A The size of a man's *ego* is what you have to worry about more. Like a penis, if it's too big, it's a problem.
—Chelsea Handler, comedian, actress, and author

Q Why is it so hard to talk women into having sex? Convincing Karel is like negotiating a West Bank land transfer between Israelis and Palestinians. It's not like anyone ever said, "Wow, I really wish I hadn't had an orgasm—that was so annoying."

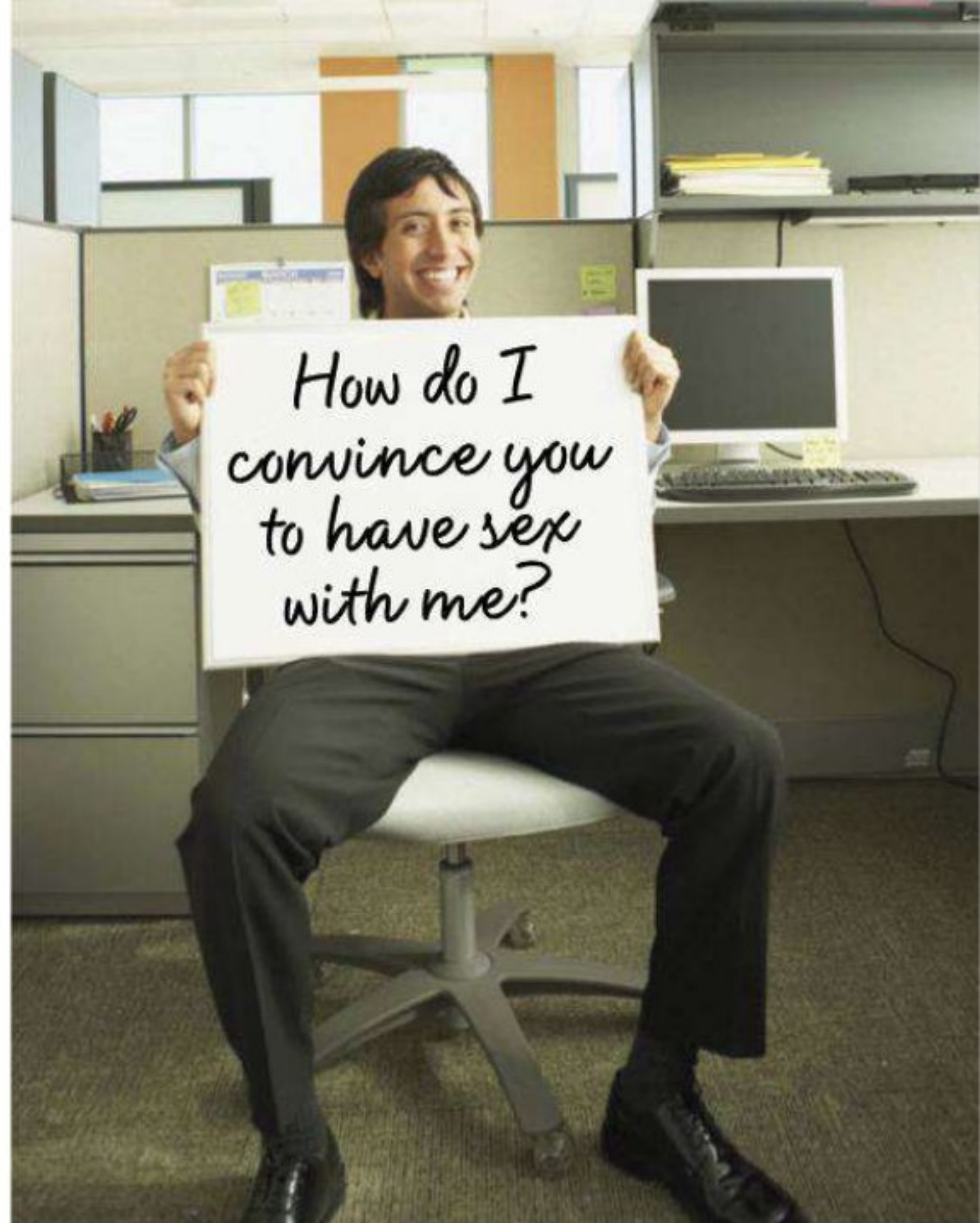
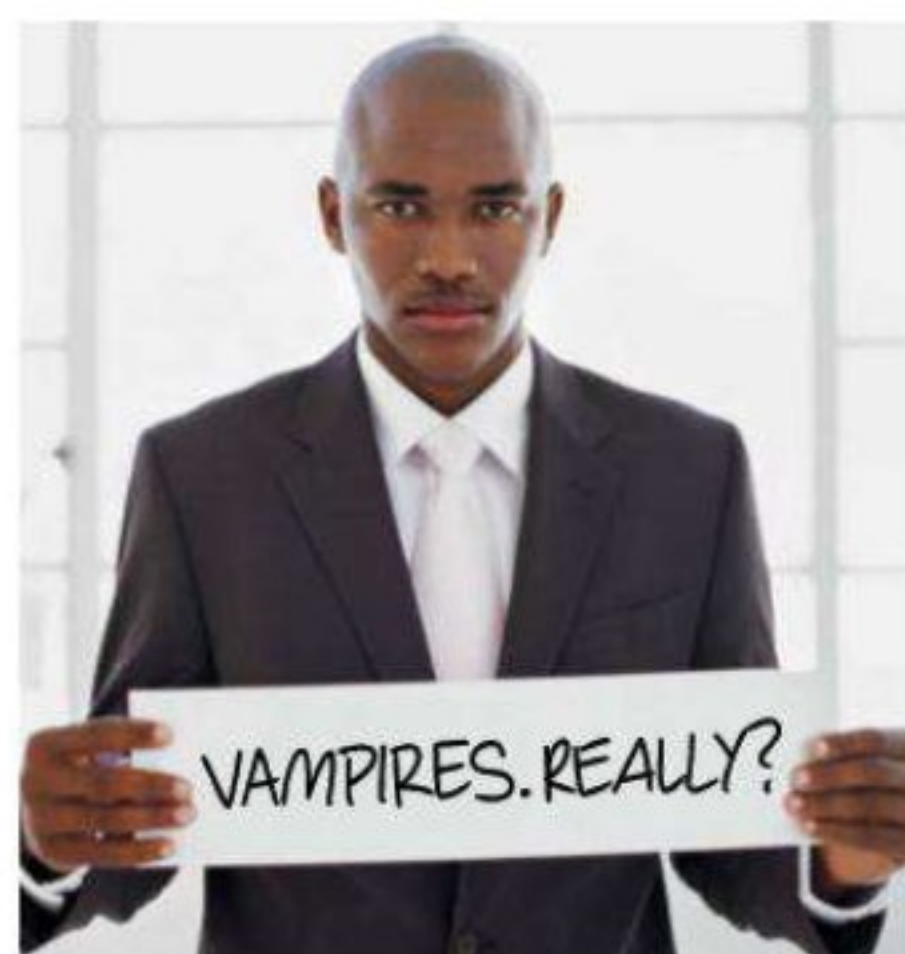
A As a working, married mother of three, my favorite time of the day is when all my kids have taken their fourth and final sip of water and are in their beds, so I can climb into mine. Most moms of young kids would choose sleep over sex any day. To get us to have sex, you need to start a few hours beforehand. Start by giving your wife simple compliments like, "You are the hottest mother at T-ball." If that doesn't work, turn it up a notch and say, "You are the hottest mom in the entire Little League, including away games." If you don't have kids, try something like, "The way you go from day to evening by simply switching out a closed-toe pump for a leopard peep-toe never ceases to amaze me." Then, after dinner, subtly rub up against her as you sexily take out the trash. Later, when she crawls into bed, whisper in her ear, "How do you expect me to control myself when you have your Crest Whitestrips on?" I also suggest giving her a massage, but with your hands, not just your penis. You need to press your thumbs into her shoulders for at least eight minutes. (Wives know a massage from a husband is a gateway to penetration, but we still want the massage.) Lastly,

sexting your wife during the day leading up to sex can be really titillating, especially because for couples married more than six years, sexting didn't exist during the courtship, so it feels new. However, make sure you are in fact sending that sext to your spouse and not to your child's teacher, like I did last year.

—Heather McDonald, writer, comedian, and actress on *E!'s Chelsea Lately*

Q Why won't you admit that *The Notebook* is a lousy film? You know what that movie needed? Lasers.

A What we're dealing with here is a textbook case of "His D-word is bigger than mine" complex. In this case, the D-word is *devotion*: Noah's humongous, sigh-inducing devotion to Allie. Noah isn't whipped, and their relationship isn't perfect. It's just that he loves her so completely, flaws and all, that he's willing to work as hard as it takes to stay together. See, you could just as easily be your wife's fantasy man... except for the whole face-like-Ryan Gosling thing.
—Tiffany Blackstone, senior editor, REDBOOK



Q Why do women stress about so many things, from writing every single thank-you note to bringing the perfect cupcakes for a kid's birthday at school? Do you think there's a report card waiting for you in heaven?

A Well, first of all, we have the pressure of being the superior gender. There's also pressure to be the best mom, cook your own meals, grow organic vegetables, be great at work, and be young. Then there's pressure to have hobbies, so you're unique and fantastic at a dinner party. If there were one thing we could take from men, it would be their incredible ability to tune out, like when they watch football for six hours straight or go to a bar for four hours. If women have five minutes free, they fill it up with something that's part of the perfecting machine. We think, *I'll just make dinner from scratch or stay at the office a little bit longer to make this report better. Or, I'll just run and get a manicure.* We're all hamsters on the wheel. And on top of that, we're not supposed to have stress; we're supposed to live a long life! God forbid we drink too much caffeine and have a heart attack! —Ali Wentworth, author of *Ali in Wonderland and Other Tall Tales*

One dream room

16 real ideas

We couldn't have dreamed up a prettier, more charming bathroom than this. Could you imagine flossing in *here*?

Designer tips

- 1** Step one: Choose a light paint color. The designer's pick costs \$100 a gallon, but we found this identical hue from Sherwin-Williams (Faint Coral, #SW6329) for about half that price. **2** While you're at it, paint the curtain rods so they blend in. **3** Go with thin curtains or shades that let the sun in. These are burlap, which keep the room from looking uptight (and are *so* cheap). **4** Wood flooring is much warmer than tile. Here, inexpensive pine shelving was nailed down and stained.

A perfect
pale pink!

SW 6329
Faint Coral

"Think of it as a beautiful room, not a bathroom," says designer Brooke Giannetti, who coauthored the book *Patina Style* with her husband, Steve. "Chandeliers, rugs, furniture—it all works."



2

3

ROOM: LISA ROMERIN. PAINT CHIP: GREG MARINO/STUDIO D.

Steal
this luxe
space... for
way less!

Dream Room



Art adds a cool, flea-market vibe

Vintage-y accents and something seriously **pink** create romance. A man and flickering candles sold separately.

5 A freestanding tub is a splurge, but this refined claw-foot *makes* the room. Kingston Brass acrylic claw-foot tub with chrome feet, \$1,102; faucetdirect.com. **6** Add warmth (and antique-style charm) to the walls with sconces. Orleans wall sconce, \$164; hudsonvalleylighting.com. **7** This little mermaid is just the knickknack for that empty shelf or table. Foreside ceramic mermaid, \$16.98; amazon.com. **8** Why should your dining room have all the fun? Shed some flattering light with this crystal look-alike. Three-tiered chandelier, \$55; balsa circle.com. **9** Keep your piggies toasty with a beautiful full-size rug—be honest, your little bath rugs don't cut it! Durham Tremont 5x8-foot wool rug, \$349; rugsusa.com. **10** A bamboo-inspired cabinet doubles as storage for towels. Ching shoe cabinet, \$595; orientalfurniture.com. **11** Hang small portraits or other pictures near wall fixtures so they don't look lost. 9x12-inch *Portrait of a Woman* by Louis Antequin, \$34.99; art.com. **12** An oversize mirror makes the room appear bigger. Venice ornate framed wall mirror, \$130; simplymirrors.com. **13** This half-moon table takes up minimal space and is the ideal spot to set a vase of flowers (or a glass of champagne?). Hayworth demilune console, \$376; pier1.com. **14** Tell your guy to sit here and talk to you while you suds up. Ave Six ottoman, \$99; wayfair.com. **15** Fill a gravy boat with small soaps or potpourri. Juliska pewter sauce boat, \$64; bloomingdales.com. **16** This sink's wide basin will keep you from flooding the floor when you wash up, and the narrow base is clean and simple. Barclay Sussex pedestal sink, \$344; lowes.com.

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FAR MORE THAN OTHERS!"

New USDA Study Shows: Eggs Have Less Cholesterol, More Vitamin D

The United States Department of Agriculture (USDA) recently announced that cholesterol levels in eggs are lower than previously thought. After reviewing the nutrient composition of standard large eggs, the USDA results show the average amount of cholesterol in one large egg is 185 mg, 14% lower than previously recorded. Consuming an egg a day fits easily within dietary guidance, which recommends limiting cholesterol consumption to 300 mg per day.

The USDA analysis also revealed that a single

large egg now contains 64% more Vitamin D than last reported in 2002. Eggs are one of the few foods that are a naturally good source of Vitamin D, which plays an important role in calcium absorption, helping to form and maintain strong bones.

The amount of protein in one large egg remains the same – 6 grams of protein or 13% of the recommended daily value. And at 70 calories per egg and just 15 cents a serving, eggs are nutrient-dense, affordable and the perfect choice for breakfast.

For more information on the nutritional benefits of eggs, or to pick up new and exciting recipes, check out www.facebook.com/IncredibleEdibleEgg

MICROWAVE COFFEE CUP SCRAMBLE



Prep Time: 1 minute
Cook Time: 45 to 60 seconds
Makes: 1 serving

WHAT YOU NEED

- 2 EGGS
- 2 Tbsp. milk
- 2 Tbsp. shredded Cheddar Cheese
- Salt and pepper

HERE'S HOW

1. COAT 12-oz. microwave-safe coffee mug with cooking spray. ADD eggs and milk; beat until blended.
2. MICROWAVE on HIGH 45 seconds; stir. MICROWAVE until eggs are almost set, 30 to 45 seconds longer.
3. TOP with cheese; season with salt and pepper

Microwave ovens vary. Cooking times may need to be adjusted.

LOOK FOR THE NEW NUTRITION FACTS PANEL ON EGG CARTONS

Nutrition Facts

Serving Size 1 egg (50g)
Serving per Container 12

Amount Per Serving

Calories 70 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Trans Fat 0g

14% LESS

Cholesterol 185mg **60%**

Sodium 70mg **3%**

Potassium 70mg **2%**

Total Carbohydrate 0g **0%**

Protein 6g **13%**

GOOD
SOURCE

GOOD
SOURCE

Vitamin A 6% • Vitamin C 0%

Vitamin D 10% • Calcium 2%

Iron 4% • Thiamin 0%

Riboflavin 10% • Vitamin B-6 4%

Folate 6% • Vitamin B-12 8%

Phosphorus 10% • Zinc 4%

Not a significant source of Dietary fiber or Sugars
* Percent Daily Values are based on a 2000 Calorie diet. Your daily volumes may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4



In 2010, a random sample of regular large shell eggs was collected from locations across the country to analyze the nutrient content of eggs. The testing procedure was last completed with eggs in 2002, and while most nutrients remained similar to those values, cholesterol decreased by 14% and vitamin D increased by 64% from 2002 values. Average amount of cholesterol in one egg is 185 mg, down from 215 mg.

GOOD TO EAT

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Sunday dinner, Super Bowl edition

Bring out platters of wings, beer-braised barbecue, and killer cupcakes — then move out of the way before you get tackled! Plus: Quickie weeknight dinners ● Jambalaya, minus the fat ● A sexy chef cooks for Valentine's Day

Photographed by Jonny Valiant Recipes by Frank P. Melodia REDBOOKMAG.COM 159

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← (from previous page)

Sticky wings with honey and sriacha

Prep time: 30 minutes

Cooking time: 50 minutes

Wings

- 24 chicken wings (about 6 lb), snipped in two at the joint, tips trimmed off
- 2 Tbsp canola oil
- 1½ tsp kosher salt
- ⅔ cup honey
- ⅓ cup sriacha hot sauce
- 2 Tbsp each hoisin sauce and fresh lime juice
- 1 Tbsp each soy sauce and toasted sesame seeds

Yogurt dipping sauce

- 2 cups plain Greek yogurt
- 1 cup grated cucumber, squeezed dry
- ½ cup chopped cilantro
- 2 Tbsp fresh lime juice
- 1 large garlic clove, grated
- 1 tsp each kosher salt and honey

Carrot, celery, and jicama sticks

1. Wings: Position an oven rack in middle of oven and heat oven to 450°F. Line 2 baking sheets, including the sides, with nonstick foil. In a large bowl, toss together chicken wings, oil, and salt. Arrange chicken, evenly spaced, on sheets. Roast 30 minutes, rotating pans 180 degrees once. Let wings cool slightly, then pour off fat from baking sheets.

2. Meanwhile, in a small saucepan, blend honey, sriacha, hoisin, lime juice, and soy sauce. Pour half of the mixture (about ½ cup) into a large bowl. Add wings and toss with tongs to coat.

3. Lower oven to 425°F and arrange wings on the same baking sheets. Roast 10 minutes. Meanwhile, boil remaining honey mixture in saucepan over medium heat until a thick glaze forms, about 5 minutes. Remove wings from oven; brush with thickened glaze and sprinkle with sesame seeds. Continue to roast until wings are browned, about 7 to 10 minutes longer, then cool on baking sheets 10 minutes.

4. Yogurt dipping sauce:

Stir all ingredients together in a serving bowl until blended. Serve with wings and vegetable sticks.

Makes 12 servings.



For a stress-free game day, do most of the prep work a day or two ahead. Then serve up the grub, tuck a beer under your arm, and lunge for the nearest recliner!

Beer-braised BBQ brisket grinders

Prep time: 20 minutes

Cooking time: 5 hours

- 2 Tbsp each instant espresso coffee powder and packed brown sugar
- 1 Tbsp smoked sweet paprika
- 1 tsp each ground cumin, ground ancho chile, and kosher salt
- 2 Tbsp canola oil or bacon drippings
- 1 (5-lb) beef brisket, trimmed, leaving a 1/4-inch layer of fat
- 2 large white onions, halved, sliced
- 6 whole garlic cloves, peeled
- 1 (12-oz) bottle dark Mexican beer
- 1 (14 1/2-oz) can fire-roasted diced tomatoes, undrained
- 1 cup chipotle barbecue sauce (or your favorite barbecue sauce)
- 12 Kaiser, brioche, or Portuguese rolls, split

Tangy coleslaw (recipe follows)

1. Heat oven to 300°F. Mix espresso powder, sugar, paprika, cumin, ancho chile, and salt in a small cup. Set aside spice rub.
2. Heat oil or bacon fat in a large, heavy Dutch oven over medium-high heat until shimmering. Add brisket and brown well on all sides, about 6 minutes. Remove brisket to a baking sheet to cool slightly.
3. Discard all but 2 Tbsp of the drippings from pot. Add onions and garlic and sauté 4 minutes or until softened. Stir in beer, diced

tomatoes (with juices), and barbecue sauce. Turn off heat.

4. Meanwhile, rub brisket all over with spice rub. Place brisket, fat side up, into sauce mixture in pot and bring to a boil. Cover pot and place it in the oven. Braise for 4 1/2 hours or until brisket is fork-tender. Let cool completely in sauce. Skim off and discard fat from the surface of the sauce. Remove brisket and puree sauce in pot using a handheld blender (or puree in a blender). Return brisket to sauce in pot and cover. (You can make this up to 2 days ahead and keep it in the fridge.)

5. To serve, heat brisket in sauce over low heat for 30 minutes, or until fork-tender. Transfer brisket to a cutting board; trim fat from it, then shred brisket with 2 forks into bite-size pieces. Return shredded beef to sauce in pot and toss until coated. Serve on rolls topped with coleslaw.

Makes 12 servings.

Tangy coleslaw

Prep time: 20 minutes

- 1 medium-size green cabbage (1 1/2 lb), cored, finely shredded (8 cups)
- 1 1/2 cups finely shredded carrots
- 1/2 cup chopped fresh cilantro
- 1/3 cup finely diced red onion
- 1/3 cup each cider vinegar and granulated sugar
- 1/2 cup mayonnaise
- 1 Tbsp ketchup
- 1 tsp yellow mustard
- 1 1/2 tsp kosher salt
- 3/4 tsp crushed red pepper flakes

1. Toss cabbage, carrots, cilantro, and onion in a large serving bowl until combined.

2. In a small bowl, whisk together vinegar and sugar until sugar dissolves. Whisk in mayonnaise and remaining ingredients. Pour over cabbage mixture and toss well. (You can make this up to 2 days ahead. Cover and refrigerate; before serving, bring coleslaw to room temperature.)

Makes 4 cups.



Scan this code with your smartphone to get shopping lists for these recipes and our Valentine's Day menu (on page 164). Download a free QR code reader at i-nigma.com.



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WEEKNIGHT MEALS



Red velvet s'more cupcakes

Prep time: 15 minutes
Cooking time: 20 minutes

Cupcakes

- 1 1/4 cups all-purpose flour
- 3/4 cup superfine sugar
- 1 Tbsp unsweetened cocoa powder
- 1/2 tsp each baking soda and salt
- 3/4 cup buttermilk
- 1/2 cup canola oil
- 1 large egg plus 1 large egg yolk
- 1 1/2 Tbsp liquid red food coloring
- 1 tsp each distilled white vinegar and vanilla extract
- 3/4 cup bittersweet chocolate chips

Meringue frosting

- 4 large egg whites, at room temperature
- 1/4 tsp cream of tartar
- 1/2 tsp vanilla extract
- 2/3 cup superfine sugar

1. Cupcakes: Heat oven to 350°F. Line a 12-cup muffin pan with paper liners. Whisk flour, sugar, cocoa powder, baking soda, and salt in a bowl.
2. To the large bowl of a stand mixer (or in a bowl with a hand mixer), add buttermilk, oil, egg and egg yolk, food coloring, vinegar, and vanilla and beat until well blended, about 2 minutes. With mixer on low speed, slowly beat in flour mixture until blended. Stir in 1/2 cup of the chocolate chips. Fill muffin cups two-thirds full; sprinkle tops of cupcakes with remaining 1/4 cup chocolate chips. Bake 20 minutes or until a toothpick inserted in center of cupcake comes out clean. Let cool in pan on a wire rack 10 minutes; remove from pan and cool completely on rack.

3. Frosting: In the large bowl of a stand mixer with whisk attachment (or in a bowl with a hand mixer), beat egg whites and cream of tartar on high about 45 seconds, until frothy. Add vanilla and 1 Tbsp of the sugar. Continue beating on high, adding remaining sugar 1 Tbsp at a time, until the whites form stiff peaks. Spoon 1/4 cup meringue onto each cupcake and swirl with a small metal spatula into high peaks. If you want to go all-out, use a small handheld butane torch to lightly brown the frosting (aim the torch at just the tops, so the liners won't burn). Serve or store in a container in refrigerator up to 2 days. Bring to room temperature before serving.

Makes 12 servings.

REDBOOK NOTEBOOK

WHAT'S NEW, NOTEWORTHY & NOW

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Feeling the love? Make *this*

Got a few hours and someone delicious to cook for? Try this posh menu from celebrity chef (and hot husband) Marcus Samuelsson—it's what he's whipping up on Valentine's Day for his model wife, Maya Haile.



*Farro and
orange salad*

*Miso-rubbed
rack of lamb with
collard greens*

Whiskey fudge

Cheers! Marcus and Maya cozy up to the bar at his Red Rooster restaurant in New York City's Harlem.

FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: OLGA NAIMAN. HAIR: ALFRED LESTER FOR STEVEN PAPAGEORGE SALON AT UTOPIA. MAKEUP: ILDIKO FOR DIORBEAUTY AT UTOPIA. ADAPTED FROM RECIPES BY MARCUS SAMUELSSON.

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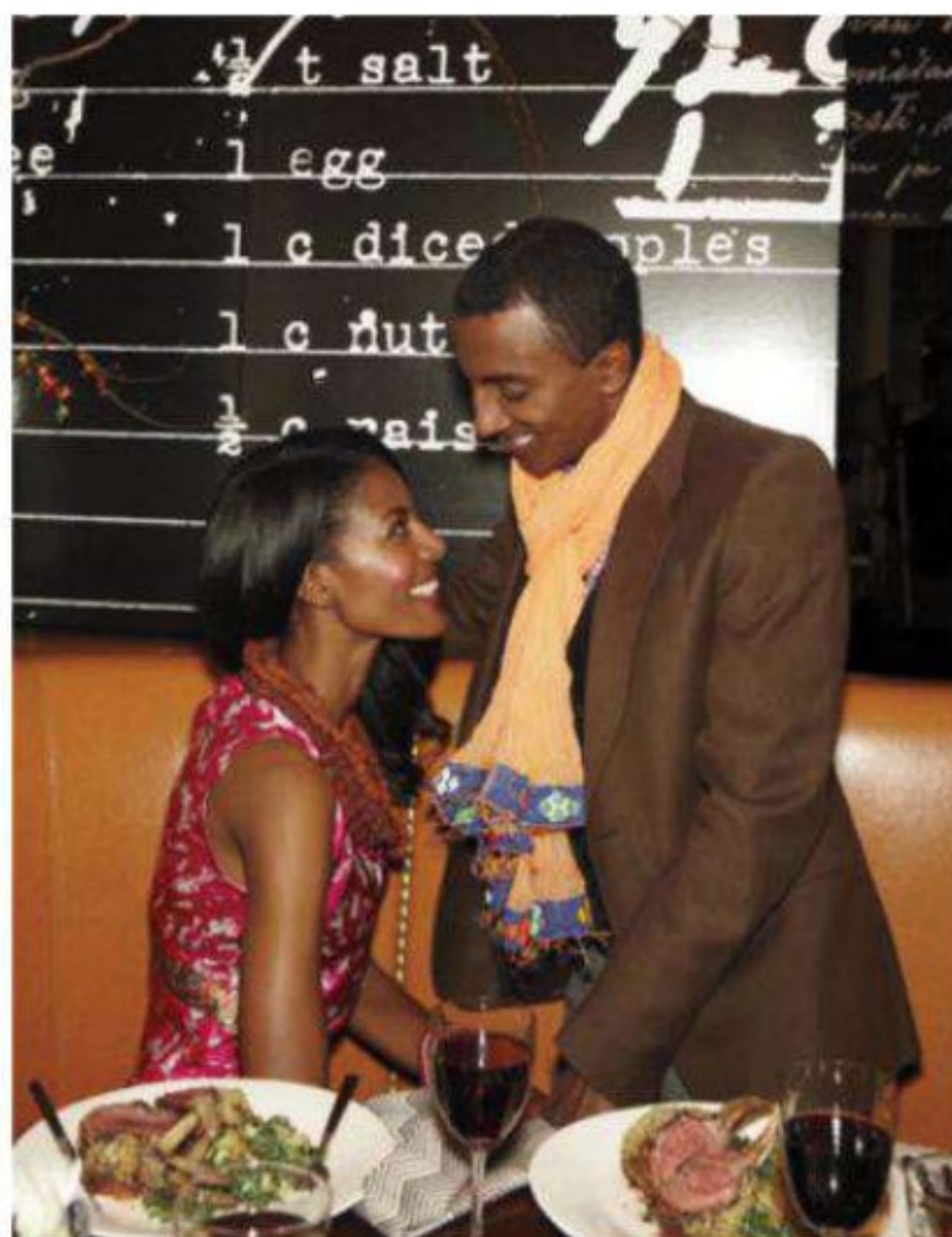
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What's the biggest perk

of living with a world-famous chef? Maya Haile comes clean: "Whenever I worry that we don't have anything in the kitchen for dinner, Marcus says, 'Just give me 10 minutes.' I'll come downstairs and everything's ready. When you're married to a four-star chef, it's pretty convenient!" She's willing to return the favor, especially when it comes to cooking classics from their native country: "She's better at cooking Ethiopian food than I am," says Marcus. And when neither feels like dealing in the kitchen, they head to Marcus's much-buzzed-about restaurant (one of four he owns around the world) Red Rooster in New York City's Harlem. "Watching him cook is sexy because he's so passionate," Maya says. "He's different when he's cooking—he's totally focused and ready to work. But outside the kitchen, he's just a sweet man."

Farro and orange salad

Prep time: 25 minutes
Cook time: 25 minutes

- 1/2 cup farro
- 1 1/2 Tbsp coarsely chopped blanched almonds
- 1/4 tsp fennel seeds
- 1/2 fennel bulb, cut into 2 (3/4-inch-thick) slices with core intact (reserve any fronds from fennel bulb for garnish)
- 1/2 small red onion, cut into 2 (1 1/2-inch-thick) slices
- 2 small garlic cloves
- 2 1/2 Tbsp olive oil
- 1 navel orange, segments sliced out of membranes, juice reserved
- 1 Tbsp white balsamic vinegar
- 1/2 tsp each coarse salt and freshly ground black pepper
- 1/2 small head radicchio, cored, finely shredded (1 1/2 cups)
- 2 large basil leaves, chopped
- 4 mint leaves, chopped
- 1 Tbsp shaved Parmesan cheese

1. Bring 4 cups of salted water to a boil. Add farro, reduce heat, and simmer 25 minutes or until farro is tender. Drain well and set aside.
2. Meanwhile, toast almonds and fennel seeds in a nonstick skillet over low heat, tossing until fragrant, about 3 minutes. Set aside.
3. Heat a grill pan over medium heat. Brush fennel, onion, and garlic with 1/2 Tbsp of the oil. Grill fennel and onion 12 minutes, turning once, until slightly softened. Grill garlic cloves 5 minutes, turning once, until slightly softened.
4. Dice grilled fennel and onion; transfer to a bowl. Mince garlic; add to grilled vegetables along with farro, remaining oil, orange segments, orange juice, vinegar, salt, and pepper. Gently combine. Add radicchio, basil, and mint; toss again.
5. Arrange a few fennel fronds on 2 plates. Top with farro salad and Parmesan cheese.

Makes 2 servings.





Collard greens

Prep time: 15 minutes

Cooking time: 25 minutes

- 1/2 lb collard greens, center ribs removed, thinly sliced (2 cups)**
- 1/2 lb baby bok choy, thinly sliced (2 cups)**
- 2 slices bacon**
- 1/3 cup unsweetened coconut milk**
- 1 1/2 tsp each soy sauce and whole-grain Dijon mustard**
- 1 large clove garlic, thinly sliced**
- 1 1/2 tsp unsalted butter**

- 1.** Bring 6 cups of salted water to a boil in a 2-quart saucepan. Add greens and cook 3 to 4 minutes or until crisp-tender. Lift greens from water with a sieve and drain on a paper towel. Add bok choy to boiling water; blanch 30 seconds. Scoop from water and drain on a separate paper towel.
- 2.** Cook bacon in a large nonstick skillet until crisp, about 7 minutes; drain on a paper towel. Leave drippings in skillet.
- 3.** Whisk coconut milk, soy sauce, and mustard in a 1-cup measure.
- 4.** Add garlic slices to drippings in skillet and cook over medium-low heat until garlic is pale golden brown, about 5 minutes. Remove from skillet with a slotted spoon and drain on paper towel with bacon.
- 5.** Add butter to skillet and melt over medium heat. Add greens and sauté 3 minutes or until crisp-tender. Stir in coconut mixture and simmer over medium-low heat 3 minutes longer or until collards are just tender. Stir in bok choy and cook 1 minute longer until heated through. Crumble bacon and stir into greens with garlic slices. Spoon greens onto 2 plates and top with lamb chops.

Miso-rubbed rack of lamb

Prep time: 20 minutes

Cooking time: 30 minutes

- 1 Tbsp miso paste**
- 1 1/2 tsp butter, softened**
- 1 1/2 tsp each chopped fresh sage and mild chili powder**
- 1 1/2 tsp stirred egg yolk**
- 1 (1 1/2-lb) rack of lamb, with bones**

- 1/2 tsp each coarse salt and black pepper**
- 1 Tbsp olive oil**
- 1/4 cup panko breadcrumbs**

- 1.** Heat oven to 400°F.
- 2.** In a small cup, stir miso, butter, sage, chili powder, and egg yolk until blended. Set aside.
- 3.** Season lamb all over with salt and pepper. Heat oil in a

large ovenproof skillet over medium-high heat. Add lamb and sear until browned, 3 minutes per side. Remove from heat; cool slightly. Smear miso mixture onto lamb. Press breadcrumbs into miso mixture on the rounded side.

- 4.** Place skillet in oven; roast until an instant-read thermometer

inserted into center of rack registers 130°F, 20 to 25 minutes. Place lamb on a cutting board and let it rest 5 minutes.

- 5.** Cut rack into 4 double chops. Serve with collard greens (recipe follows).

Makes 2 servings.

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—Elan, Arizona

“Cheesecake topped with canned pineapple or mango is delicious.”
—Lynda, New York

“Fresh raspberries, blueberries and white chocolate are the perfect cheesecake toppings.”
—Susan, Florida



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DINNER FOR TWO



Whiskey fudge

Prep time: 10 minutes
Cooking time: 15 minutes

- 1½ cups heavy cream
- ¼ cup whiskey, preferably Jack Daniel's
- 1⅓ cups sugar
- ⅓ cup water
- 1 lb bittersweet or semisweet chocolate, finely chopped
- 1 Tbsp flaked sea salt (such as Maldon salt)
- ½ cup finely chopped toasted macadamia nuts or pecans

1. Lightly spray an 11x7-inch or an 8-inch-square baking pan with cooking spray. Line pan with plastic wrap, letting wrap extend several inches above the sides. Carefully smooth out any wrinkles in plastic. Set aside.

2. Combine cream and whiskey in a small saucepan and heat over low heat.

3. Meanwhile, combine sugar and water in a 3-quart, heavy-bottomed saucepan and cook over high heat, without stirring, until sugar dissolves. Continue to boil sugar syrup until it turns golden amber, about 7 minutes. Immediately remove from heat. Slowly add hot cream mixture in several batches, stirring with a heat-resistant rubber spatula (the mixture will bubble up high) until blended.

4. Attach a candy thermometer to side of saucepan and continue to cook mixture over medium heat until it reaches 230°F on the thermometer, about 5 to 7 minutes. Remove

saucepan from heat and let mixture cool to 150°F, about 10 minutes. Gently stir in chocolate and salt until chocolate is melted and mixture is smooth.

5. Pour mixture into prepared pan and spread it into an even layer with a metal spatula. Let stand at room temperature until bottom of the pan is no longer warm, then refrigerate, covered with plastic wrap on the surface of the fudge, until it sets, about 3 hours.

6. To serve, lift fudge from pan by the plastic wrap and invert onto a cutting board. Peel off plastic and cut crosswise into 1-inch strips. Cut each strip into 1-inch squares. Roll edges of squares in nuts.

Makes 60 pieces.

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Get egggy with it As long as you've got eggs in the house, you can save dinner with a spicy burrito or yummy spaghetti frittata.



8 large eggs



½ cup jarred roasted-tomato chipotle salsa



½ cup canned black beans, rinsed, drained



4 oz (1 cup) dried chorizo, diced



4 (8- or 9-inch) whole-wheat or plain flour tortillas



1 cup shredded jalapeño Jack cheese

Chorizo and egg burritos

1. In a small bowl, combine salsa and black beans.
2. In a large nonstick skillet, cook chorizo for 2 minutes or until browned. Transfer to a paper towel to drain; wipe out skillet.
3. In a medium bowl, whisk eggs and ½ tsp kosher salt. Melt 2 Tbsp butter in same skillet over medium heat. When butter foams, add eggs. Let them set 20 seconds, then cook, stirring with a spatula about 2 minutes, until light and fluffy. Stir in chorizo just before eggs are done. Remove from heat.
4. Heat tortillas in microwave for 10 seconds to soften. Lay a tortilla on a plate and spoon ¼ of the cheese and ¼ of the eggs across the center. Roll up burrito-style. Serve with bean salsa.

Makes 4 servings. Each serving: 523 cal, 32 g fat, 30 g protein, 31 g carb.



5 large eggs



4 oz hot or sweet fully cooked Italian sausage links (pork, turkey, or chicken), casing removed



½ cup seeded, diced plum tomatoes



6 oz whole-wheat spaghetti



1 cup shredded Italian cheese blend



¼ cup freshly grated Parmesan cheese

Spaghetti pie

1. Bring a large pot of salted water to a boil. Meanwhile, spray a 10-inch nonstick ovenproof skillet with olive oil cooking spray and place over medium-high heat. Add sausage and tomatoes to skillet; cook 3 minutes. Remove to a plate and wipe out skillet.
2. Cook spaghetti according to package directions until firm-tender. Meanwhile, in a medium bowl, whisk together eggs, ½ cup of the cheese blend, Parmesan, ½ tsp kosher salt, and ¼ tsp freshly ground pepper. Drain pasta, rinse under cold water, and stir into egg mixture.
3. Spray same skillet with olive oil cooking spray and place over medium-low heat. Put half of the spaghetti mixture into skillet. Spoon sausage mixture over spaghetti, then top with remaining ½ cup of the cheese blend. Cover with remaining spaghetti mixture.
4. Heat broiler. Meanwhile, cover skillet and cook 12 minutes or until bottom of pie is crusty and lightly browned. Remove lid, then place under broiler about 3 minutes or until top is set and browned. Slide or invert onto serving dish; cut into 4 wedges. Serve with a green salad.

Makes 4 servings. Each serving: 390 cal, 18 g fat, 25 g protein, 34 g carb.



—RECIPES BY BARBARA CHERNETZ

MAIN DISHES, SALSA, TORTILLAS, JACK CHEESE, PASTA: PHOTOGRAPHED BY JONNY VALIANT; FOOD STYLING: FRANK P. MELODIA; EGG: J. MUCKLE/STUDIO D. BLACK BEANS, ITALIAN SAUSAGE, ITALIAN CHEESE: PHILIP FRIEDMAN/STUDIO D. CHORIZO: ROGER DIXON/GETTY IMAGES, TOMATOES, PARMESAN: GETTY IMAGES.

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REDBOOK's shrimp and andouille sausage jambalaya

- 12 oz penne pasta
- 3 oz turkey andouille sausage, cut into 1/2-inch slices; slices halved
- 4 Tbsp unsalted butter
- 1 Tbsp Cajun seasoning
- 1 cup chopped onion
- 1 Tbsp chopped garlic or garlic paste
- 1 each small red, yellow, and green bell peppers, seeded, cut into 1-inch pieces
- 8 oz mushrooms, halved
- 1 lb shrimp, peeled, deveined, tails left on
- 1 cup shredded fresh basil
- Freshly grated Parmesan cheese (optional)

1. In a large pot, cook penne according to package directions. Drain noodles, reserving 1/2 to 1 cup of the pasta cooking water.

2. Coat a large, deep nonstick skillet with olive oil cooking spray and heat over medium heat. Add sausage and cook 2 to 3 minutes or until lightly browned. Drain on a paper towel; wipe down skillet.

3. Melt butter in same skillet. Add Cajun seasoning and cook 1 minute. Add onion; cook until softened, about 3 minutes. Add garlic; cook 1 minute. Add bell peppers and mushrooms; cook, stirring frequently, 5 minutes. Add shrimp and cook until opaque, 2 to 3 minutes.

4. Add pasta and sausage to skillet, along with enough pasta water to make it a little saucy. Stir; top with basil and grated Parmesan, if desired. Serve hot.

Makes 4 servings. Each serving: 643 calories, 17 g fat, 39 g protein, 91 g carb.



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643
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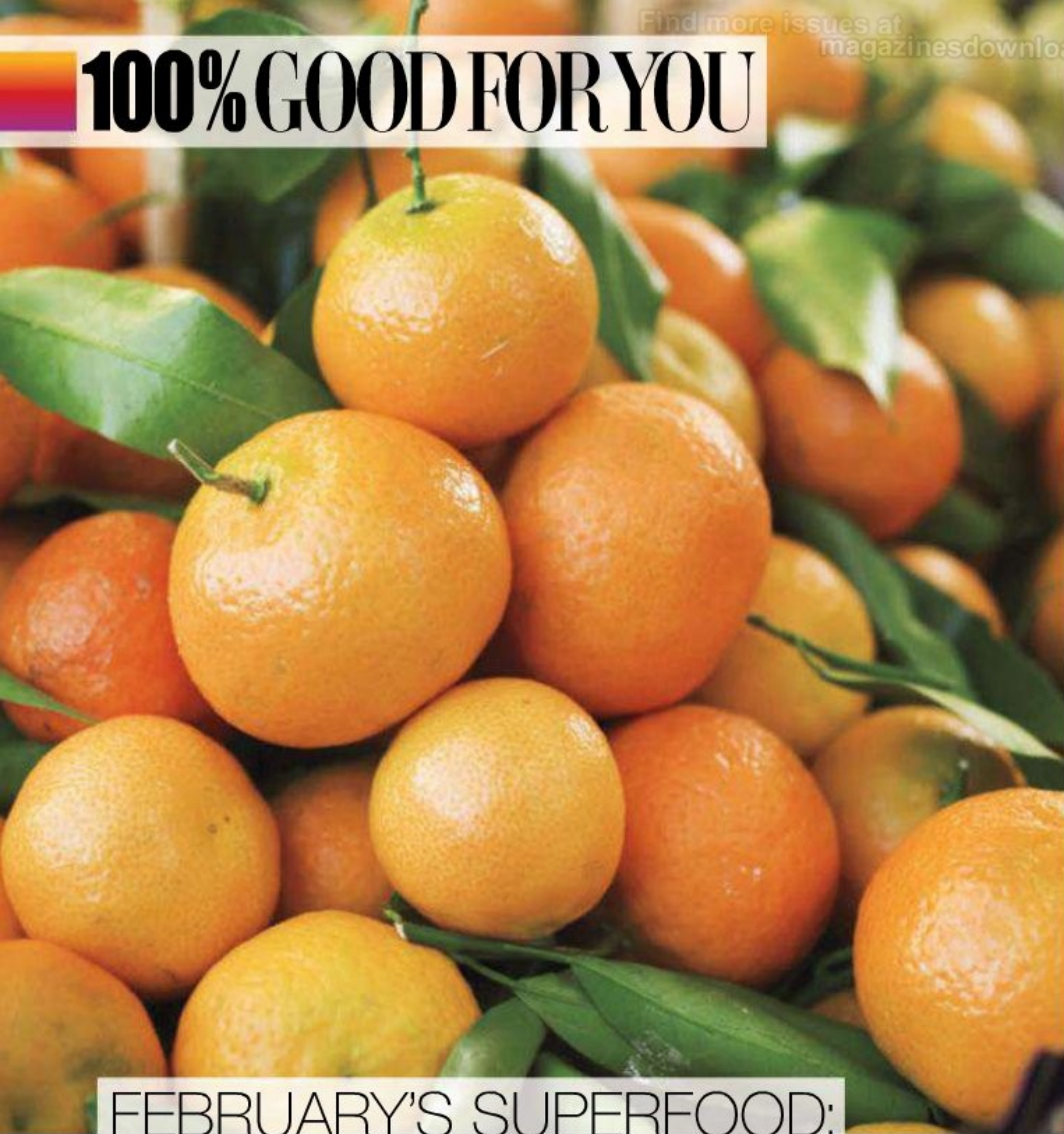
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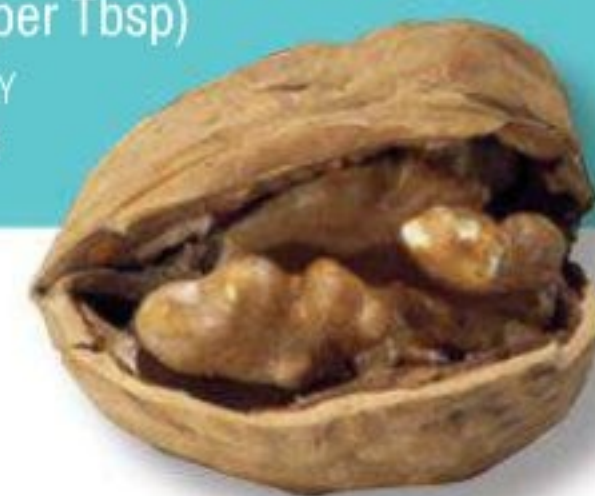
Think of these seedless treats, at their peak in winter, as a little gift to your body. For 70 calories, two clementines deliver nearly 100 percent of your vitamin C needs. They're filling, too: A pair has 2.5 grams of fiber, as much as a packet of instant oatmeal. "The combo of carbohydrates and potassium also makes them the perfect pre- or post-workout bite, or snack for a kid who needs a burst of energy during sports practice," says registered dietitian Tara Ostrowe. Chop one up and mix it with diced mangos, tomatoes, and red onions for a fruit salsa you can use to add kick to grilled fish. Or, for a romantic *and* antioxidant-packed dessert, dip segments in dark-chocolate fondue. —PERRI O. BLUMBERG

HATE FISH? GET YOUR HEALTHY FATS HERE

Health headlines about fish are kind of like the cast of *Jersey Shore*: They're not going away, even though some of us wish they would. Recent research shows that omega-3 fatty acids in seafood like salmon and tuna fight inflammation and help protect your brain and heart. The best types of omega-3s are fish-derived ones, but you *can* get your fill of healthy fats elsewhere. Experts say you should aim for 1 to 2 grams of omega-3s a day. Here are three ways to meet that goal:

- **A handful of walnuts** (2.6 grams of omega-3s per ounce)
- **Ground flaxseed on your yogurt** (1.6 grams per Tbsp)
- **Canola oil in your salad** (1.3 grams per Tbsp)

—BEVERLY BURMEIER



WOW! MORE FATTENING THAN WE THOUGHT

We triple-checked the calories on these diet-y foods and discovered they're no better than the "real" versions. Lesson: Go with what tastes good, in reasonable portions.



1 Cooking spray (Pam)

LABEL SAYS: 0 calories, 0 g fat per spray
THE REALITY: That's for a 1/3-second spritz—totally unrealistic, says Bonnie Liebman, director of nutrition for the Center for Science in the Public Interest: "You need about a five-second spray to cover a pan, or 40 calories." A teaspoon of olive oil has the same number of calories, and heart-healthy benefits to boot.

2 Fat-free powdered creamer (Coffee-Mate)

LABEL SAYS: 10 calories, 0 g fat per tsp
THE REALITY: One teaspoon would be plenty if you drank coffee out of a Dixie cup. But stir a couple of tablespoons into your mug and you're looking at 60 calories and 3 grams of saturated fat, "about what you'd get if you used half-and-half," says Liebman. "Fat-free on the label doesn't mean fat-free on your body."

3 Nonfat frozen yogurt (Red Mango)

LABEL SAYS: 80 calories, 0 g fat per serving
THE REALITY: Fro-yo may be rich in healthy bacteria and protein, but calorie-free it ain't. Red Mango advertises calorie counts for half-cup servings—a small yogurt, however, contains 1.4 servings and 112 calories. A regular size has 2.3 servings and 184 calories. Sounds more like ice cream! —JESSICA GIRDWAIN

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HUNGRY GIRL'S FOOD FIX



Dessert for breakfast

It's allowed on Valentine's Day—or *any* day, says Hungry Girl Lisa Lillien. Just use these 3 sinless recipes.

1 OATMEAL SUNDAES Begin with cooked oatmeal. Then set up a fun, build-your-own-oatmeal-sundae bar with sliced bananas, berries, or whatever other fruit you like, plus something that adds a little crunch. A tablespoon of mini semisweet chocolate chips or chopped nuts adds less than 80 calories to a serving of super-healthy oats.

2 UPSIDE-DOWN BREAKFAST CREAM PIE Starting your day with pie: That works! Spoon 6 ounces of light dessert-flavored yogurt (say, apple turnover or banana cream pie) into a bowl. Then mix in some chopped fruit inspired by your pie preference. Crush a few low-fat graham crackers over the top, and finish with a dollop of fat-free whipped topping.

3 TROPICAL WAFFLES Toast a couple of low-fat frozen waffles and smear them with a pat of light whipped butter. Top with slices of island-y fruits like pineapple, kiwi, banana, and mango, then sprinkle on a little shredded sweetened coconut and some powdered sugar. It's like sunshine on a plate!



Ask
Hungry
Girl



Q *I'm watching my diet, but when girls' night out comes around, I always seem to go overboard. Got any advice?*

A I feel you! Those cocktails and apps will get you every time. Here's what to do: First, eat a light snack before going out so you don't inhale high-calorie freebies like tortilla chips, nuts, or bread. Order a salad so that when the shared appetizers go around, you'll just nibble. As for boozy drinks, stick with wine, light beer, or single-shot cocktails made with vodka or gin and club soda. Oh, and bring a fun activity into your plans, like dancing or walking around a popular part of town. That way you're not stuck at a table ordering round after round.

Hungry for more? Sign up for Lisa's free email newsletter at hungry-girl.com, and tune in to Food Network every Sunday at 10 a.m. ET for *Hungry Girl*.

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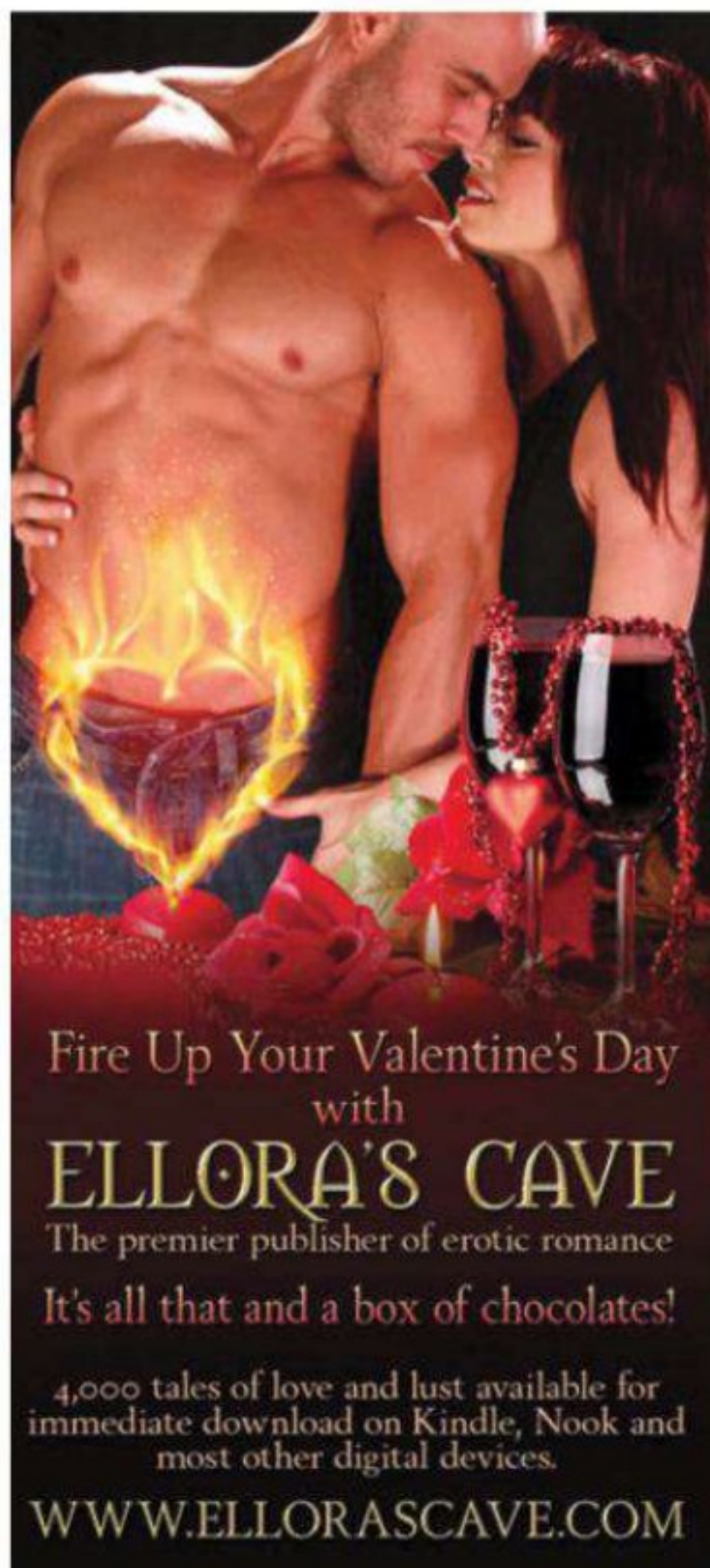
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SHOP THE ISSUE

5 TRICKS TO... KEEP HAIR SHINY AND HEALTHY ALL WINTER

PAGE 50: Living Proof Restore **Mask Treatment**, \$42; Sephora, livingproof.com. Alterna Bamboo UV+ Vibrant Color **Shampoo**, \$20; Ulta, beauty.com, sephora.com. Fekkai Salon **Glaze**, \$28; fekkai.com.

BEAUTY SHOPPER

PAGE 52: Yves Saint Laurent Rouge Pur Couture Golden Lustre **lipstick**, \$30; yslbeautyus.com. Lancôme Rosaraie Des Delices Mini **Le Vernis**, \$15; lancome.com. Avon Shine Attract **Lipstick**, \$9; 800-FOR-AVON, avon.com. Guerlain Météorites Cruel Gardenia **powder**, \$67; select Saks Fifth Avenue, Nordstrom, Neiman Marcus, Sephora, Bloomingdale's, and Bergdorf Goodman. Bobbi Brown Ultra Nude **Eye Palette**, \$45; barneys.com. Wella Professionals Enrich Self Warming **Mask**, \$12; wella.com for salons. A Dozen Roses Shakespeare in Love **eau de parfum**, \$95; Bergdorf Goodman, Neiman Marcus, neimanmarcus.com.

CELEBEAUTIES

PAGE 54: Chanel Ombre Essentielle Soft Touch **Eyeshadow**, \$28.50; chanel.com. By Terry Rose de Rose **blush**, \$54; Barneys, barneys.com. La Mer The **Eye Balm** Intense, \$165; select Saks Fifth Avenue, Neiman Marcus, Bergdorf Goodman, cmedelamer.com. Jane Iredale PurePressed **Blush**, \$27; shop.janeiredale.com. Too Faced Absolutely Invisible Candlelight **highlighter**, \$27; Ulta, Sephora, sephora.com, toofaced.com.

BEAUTY NEWS

PAGE 56: Red Carpet **Manicure**, \$80; ulta.com.

AGE-BUSTING MAKEUP TRICKS

PAGE 59: Make Up For Ever HD Microperfecting **Primer**, \$32; sephora.com. Sonia Kashuk Perfecting Luminous **Foundation**, \$10.49; Target, target.com. Urban Decay **Eyeshadow**, \$17; urbandecay.com. Tarte Inner **Rim Brightener**, \$18; tarte.com. Illamasqua Cream **Blusher**, \$24; sephora.com.

Q & TRIPLE A

PAGE 60: Sania's Brow Bar slant-tip **tweezers**, \$25; saniasbrowbar.com. Clinique Brow Shaper **powder**, \$15; clinique.com. Tweezerman for Benefit Brow Shaping spoolie **brush**, \$12; benefitcosmetics.com.

SOFT SKIN FOR ALL!

PAGE 141: Kiehl's Ultimate Strength **Hand Salve**, \$14; kiehl.com. Hibiclens **skin cleanser**, \$13.49; drugstore.com.

5 MAN-MAGNET, FIGURE-FLATTERING, SHOW-STOPPING OUTFITS

PAGE 143: On her: Ted Baker London **coat**, \$515; Ted Baker London, tedbaker.com. Trina Turk **skirt**, \$178; Trina Turk, Los Angeles, 323-651-1382. Silpada **bangle**, \$189; 888-SILPADA, silpada.com. Elaine Turner **bag**, \$395; neimanmarcus.com. Sam Edelman **heels**, \$130; nordstrom.com. On him: Nautica **shirt** and **sweater**, \$60 and \$98; nautica.com. Jeans and shoes, model's own.
PAGE 144: Jason Wu for Target **dress**, \$34.99; Target, target.com. Ali Ro **jacket**, \$308; ali-ro.com. Kate Spade **necklace**, \$128; katespade.com. Silpada **bracelet**, \$299; 888-SILPADA, silpada.com. Baby-G **watch**, \$79; select Macy's. Matt Bernson **flats**, \$150; nosboutique.com.
PAGE 145: Rebecca Taylor **dress**, \$350; Rebecca Taylor, NYC, 212-243-2600. Marlyn Schiff **necklace**, \$112; marlynschiff.com. Presmer **clutch**, \$328; presmer.com. Raffiné **ring**, \$80; raffinenyc.com. Talbots **heels**, \$179; Talbots, 800-TALBOTS, talbots.com.

PAGE 146: Shoshanna **blouse**, \$265; Tulipano, Atlanta, 404-816-3550. L.K.Bennett **jacket**, \$395; L.K.Bennett, Houston, 713-961-0009. Erin Håkansson **necklace**, \$350; erinhakansson.com. Kevia **cuff**, \$163; kevia.biz. White + Warren **shorts**, \$185; whiteandwarren.com. Patricia Nash **bag**, \$248; macys.com. Lauren by Ralph Lauren **heels**, \$98; select Macy's.

PAGE 147: Lela Rose **dress**, \$1,995; net-a-porter.com. Marlyn Schiff **bracelets**, \$62 each; marlyn schiff.com. Whiting & Davis **clutch**, \$120; 800-827-1112. Coye Nokes **heels**, \$295; coyenokes.com.

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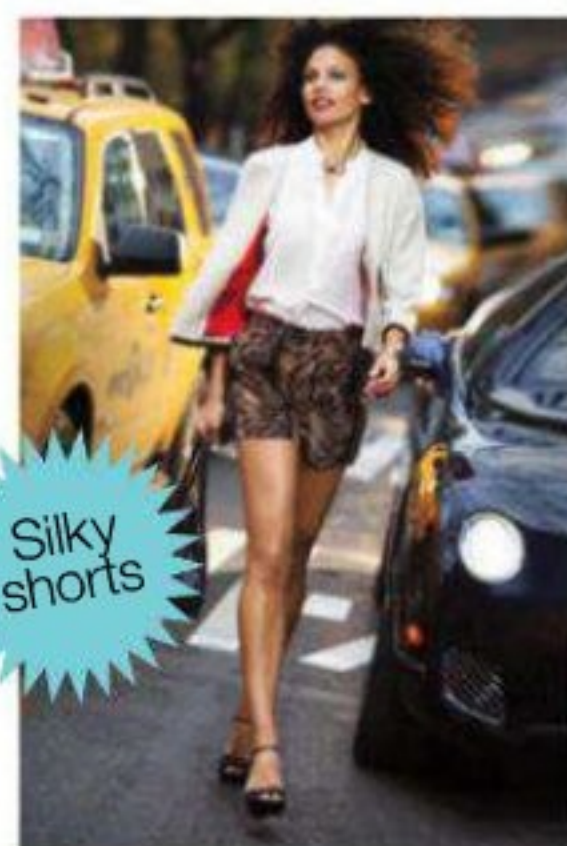
Contest Rules

AMERICA'S HOTTEST HUSBAND 2013. NO PURCHASE NECESSARY TO ENTER OR WIN.

Sponsored by Hearst Communications, Inc. Beginning January 6, 2012, at 12:01 a.m. ET through July 9, 2012, at 11:59 p.m. ET, go to redbookmag.com/hot husbands2013 and complete and submit the entry form pursuant to the onscreen instructions, including an essay (500 words or less) on why your husband should be selected as REDBOOK's Hottest Husband 2013. Or mail your entry with first-class postage affixed to: REDBOOK Hottest Husband 2013, 300 W. 57th St., 22nd Floor, New York, NY 10019. Mail entry must be postmarked by July 9, 2012, and received by July 16, 2012. Each regular-mail entry must be typed or printed in ink. Attach 3 recent color photo of your husband (slides or negatives will not be accepted). Entries become the property of the Sponsor and will not be returned. If entering online, please attach high-resolution jpegs (at least 300 dpi). Must be a legal resident of the 50 United States or the District of Columbia age 21 or older. Void in Puerto Rico and where prohibited by law. Contest subject to complete official rules available at redbookmag.com/hot husbands2013.

Get the look

Two trends men love (see page 142), at prices you'll adore.



- 1 H&M, \$39.95; hm.com for store locations. 2 Vince Camuto, \$74; vincecamuto.com. 3 Make Me Chic, \$27.50; makemechic.com.



- 1 London Times, \$128; Bon-Ton. 2 Black Halo, \$375; blackhalo.com.



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What's your real age... in bed?

Your license says one thing, but your mattress springs may say another. By Melissa Daly

1 THESE DAYS, YOU'RE IN THE SACK WITH YOUR GUY...

- A) Morning, nooner, and night!
- B) Once a week on date night (or you have to put a dollar in the jar).
- C) Seven nights a week. Oh, wait, this quiz is about *sex*... Uh, quarterly?



2 AND HOW LONG DOES EACH SESSION TYPICALLY LAST?

- A) An hour or more. A lot more.
- B) Depends if you count the time spent barricading the door against the kids.
- C) The standard, agreed-upon 8.5 minutes.



3 WHEN YOU'RE NOT IN THE MOOD, IT'S BECAUSE...

- A) You just did it an hour ago.
- B) You haven't seen enough of your man's sexy butt: It's been glued to the couch. *Die, football season, die!*
- C) Your back hurts, your head hurts, and—oh, yeah—you're already asleep.



4 WHAT IS THAT LUMP YOU FEEL SHOVED UNDER THE COVERS AT THE FOOT OF THE BED?



- A) Last night's undies. Oops!
- B) Tickle Me Elmo, crusted in peanut butter, batteries dead.
- C) Your libido. Maybe you'll dig it out on laundry day.

5 YOU PREFER THE LIGHTS OFF DURING SEX BECAUSE...

- A) Um, not applicable.
- B) Darkness hides the jiggle bits (his or yours).
- C) He won't notice you're wearing a Breathe Right strip.



6 THE MOST UNUSUAL PLACE YOU'VE GOTTEN IT ON RECENTLY WAS:

- A) The neighbors' minivan. Don't ask.
- B) The shower—c'mon, is there anything sexier than multitasking?
- C) His side of the bed. And it felt *so weird* doing it way over there.



7 HOW'S YOUR FLEXIBILITY HOLDING UP?

- A) You've had to start naming your own positions (the finicky pony, the rabid squirrel).
- B) You've traded foreplay for quickies—now *that's* being flexible.
- C) You have to limber up first just to attempt missionary.



MOSTLY A's: AGE 19

You're either lying or reading this at the airport on your honeymoon—nobody except newlyweds has that much sex. If any of it has resulted in successful baby-making, you'd never know it from the way you two carry on. What's your secret: Boarding school for the kids? Viagra in the water supply? Whatever it is, we salute you (and he obviously does too).

MOSTLY B's: AGE 39

Okay, so you're not ready to whip out the garter belt at the end of a long day (the kids used it to tie stuffed animals to the ceiling fan, didn't they?). But as long as you're still grabbing some time in the sack on the regular, you're doing something right. Eh, leave those fancy bedroom tricks to the novices: When you've earned the vanilla stuff, it's even sweeter.

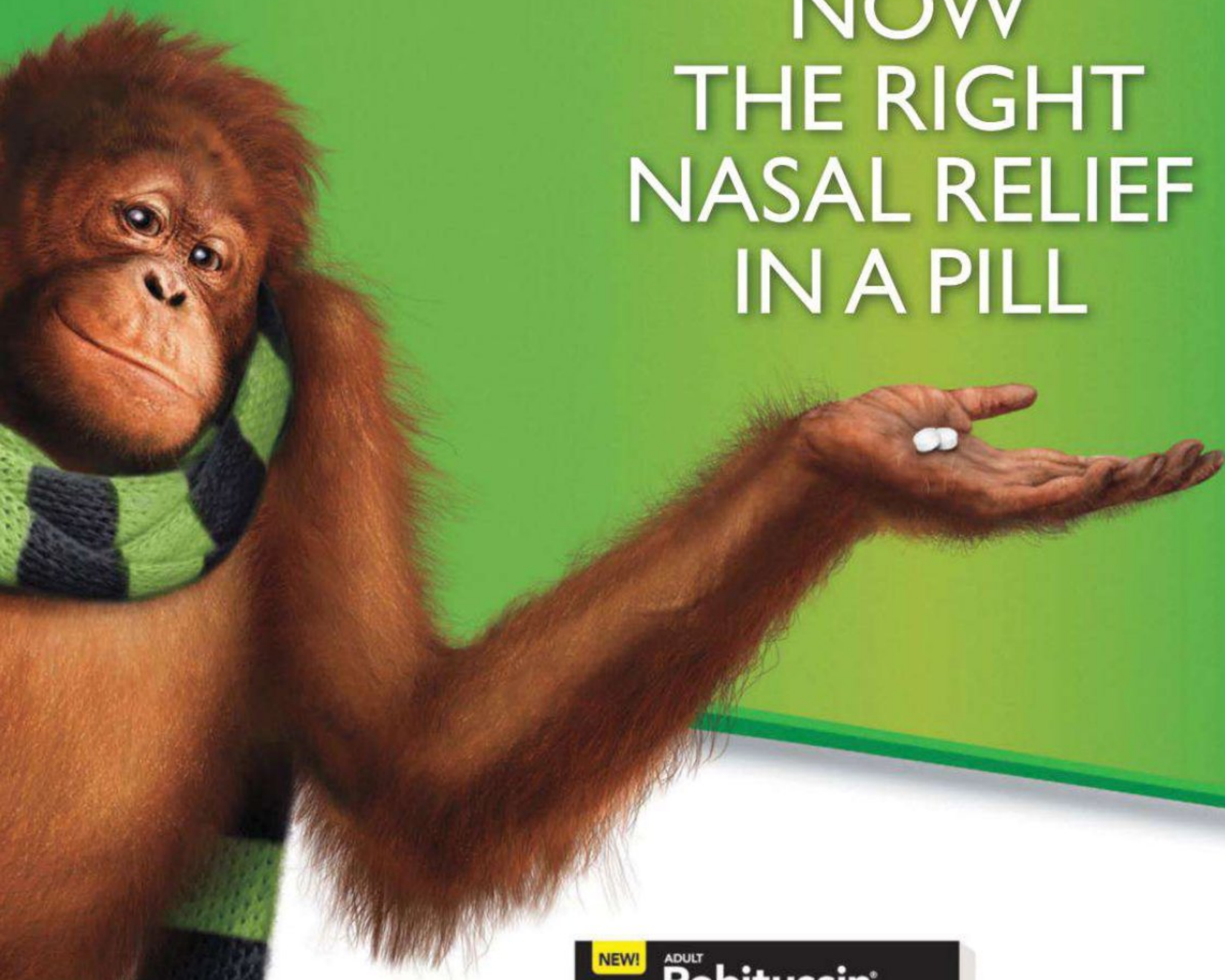
MOSTLY C's: AGE 69

(and that's not a dirty joke) Well, the good news is that many senior citizens are leading very active sex lives these days. Sucks that you're not one of them. Come on: You're tired, but you aren't dead! Don't let stress and exhaustion give you a withered libido—or make you forget how tension-relieving a little sideways rumba can be.

BACKGROUND: JEFF SPIELMAN/GETTY IMAGES. CLOCKWISE FROM TOP LEFT: CREATIVE CROP/GETTY IMAGES, BALLYSCANLON/GETTY IMAGES, ISTOCKPHOTO.COM (TV), GETTY IMAGES (FOOTBALL), COURTESY OF MANUFACTURER, GEN NISHINO/GETTY IMAGES, ISTOCKPHOTO.COM, TIME AND LIFE PICTURES/GETTY IMAGES.



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